

**Agenda**  
**Agency Wellness Champions Team Meeting #31**  
**Tuesday, February 22, 2011**  
**1:30-3:00 p.m.\***

**MN Department of Health (MDH)**  
 Golden Rule Building, Rm 419  
 85 East 7<sup>th</sup>  
 St. Paul, MN 55164

The Golden Rule building is a 10-minute walk downhill from the Capitol complex. Bike racks are available on the north side of the building. There is metered parking and pay lots. Here are directions: <http://www.health.state.mn.us/about/golden.html>

\*Arrive by 1:20 to allow time to **check in with security on the 2<sup>nd</sup> floor**. You will be escorted to Rm. 419.

Agenda Item	Presenter/Facilitator	Notes
1:30 Welcome	Kim Engwer-Moylan, All	
1:45 State Employee CRC Awareness Month campaign	Laura Friedenberg, MDH	
2:00 Introducing the <a href="#">2010 Dietary Guidelines for Americans</a>	Christine Twait, MDH	
2:30 Energy Break	Chris Barth	
2:35 How to use the dietary guidelines in our work	All	
2:55 Next Meeting/Tour	Date: March 29, 2011 Location: _____ Topic/Featured program: _____ Energy break leader: _____	

