



**Lemont-Bromberek School District 113A  
Wellness Committee Agenda  
Wednesday, March 22, 2023  
5:15 p.m. – Old Quarry Middle School LRC**

**I. Call to Order**

- A. Roll Call
- B. Pledge of Allegiance
- C. Approval of Agenda
- D. Approval of Minutes

**II. Comments from the Audience**

- A. Members of the audience may address the Committee

**III. Discussion**

- A. Update on SEL Committee
- B. Institute Day
- C. Wellness Symposium Feedback
- D. Staff Wellness Sessions

**IV. Advanced Planning**

- A. Wellness Plan Evaluation and Update for 23-24

**V. Adjournment**