

# Employee Wellness

## Lunch & Learn

November 8, 2017

11:30 a.m. to 1 p.m.

Lehr Dining Room

Bolger Conference Center

Gordinier Hall

## *The Balancing Act*

(what's going on and how to relax, plus a bit about mindful eating)

presented by

Lancaster General Health

Flu Shots available

To register for lunch, email

[employeewellnessevents@millersville.edu](mailto:employeewellnessevents@millersville.edu)

No later than November 2, 2017

Please discuss with your supervisor if you plan to attend outside of your normal lunch period.

