

Dress Red Luncheon

February 2, 2018

11:30 a.m. – 1:00 p.m.

Lehr Dining Room, Gordinier Hall

A meal will be served at noon

Cost is \$8 per person



Guest Speaker: Dr. Kenneth DeLucca, Professor in the Applied Engineering, Safety & Technology Department, Meditation Techniques

RSVP by January 26th, 2018

employeewellnessevents@millersville.edu

Send your check payable to

Millersville University to

Dr. Julie Lombardi, WSSD or

Sylvia Lepore, HR



Raise your awareness about heart disease in women, its impact on women and how we can fight back by attending this fun and educational luncheon sponsored by the Millersville University's Employee Wellness Committee.

Menu: Buffet of Chicken Diane; Beef and Broccoli Stir Fry; Wheat Spaghetti w/Vegetables; Rice Pilaf; Roasted Vegetable Medley; Tossed Salad; and Angel Food Cake



Meditation - February 14, 21, 28 and March 7, 2018 12:15 to 12:45

Health Services, Witmer Building – 15 maximum – sign up at Dress **Red** Luncheon



Take a Hike 8 – February 12, 2018 to April 29, 2018 - register your team by emailing

employeewellnessevents@millersville.edu