

Because of the many uncertainties in life for us all right now, the **Employee Wellness** Team wants to let you know of a few Events in line with our continued efforts to improve the overall health of all faculty and staff.

- ❖ **WE** challenge you to create a meal from the ingredients purchased at a local farmer's market or stand (i.e. The Corn Wagon, Central Market or your friendly neighbor roadside stand etc.). If you are successful, please share the recipe (ingredients and, of course, photographs) which we will post on our Instagram page with your permission. Recipes and photographs can be emailed to [employeewellnessevents@millersville.edu](mailto:employeewellnessevents@millersville.edu)
- ❖ **PSECU** has provided a link for various quick learning tutorials for everything from dealing with Covid19 and stress from these challenging times to many other financial topics – [www.PSECU.com/learn](http://www.PSECU.com/learn)
- ❖ **YOGA** in-person and online is coming in October, one time a week for four weeks. Watch the Ville for more details.
- ❖ We welcome suggestions for events which can be emailed to [employeewellnessevents@millersville.edu](mailto:employeewellnessevents@millersville.edu)

