



EVENTS FOR
DECEMBER 21-24, 2020

December 21 - Lazy Yoga
with Maria Detwiler
Counseling & Human Development

December 21 - Celebrating Winter Solstice
article written by Sepi Yalda
Earth Sciences

December 22 - New Year, New You.
Sustainability Resolutions for 2021
article written by Steven Knepp
Office of Sustainability

***December 23 - Do you hear what I hear? Home for the Holidays: Assertive Communication**
facilitated by Elizabeth Swantek
Title IX Office

December 23 - Mindful Minutes
facilitated by Dr. Daniel O'Neill & Dr. Joseph Lynch
Center for Counseling and Human Development

December 24 - Year End Reflection
presented by the Winter Wellness Committee

This program is a result of a partnership
between the Office of Human Resources and
the Employee Wellness Committee.

Contact Wendy.Bowersox@millersville.edu
with any questions.

***Registration is required**