

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



Events for February 1st-5th

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

February 1st - "Lazy Yoga" led by Maria Detwiler, Center for Counseling and Human Development

February 2nd - 12pm, "Can you believe this happened at Millersville?" trivia game hosted by Josh Belice, Admissions

February 3rd - "Mindful Minutes" facilitated by Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling and Human Development

February 4th - "Favorite Sports Team Apparel Selfie"

February 5th - 11:30am-1:30pm, "Good-Hearted Living" with Steve Wilson of World Laughter Tour (Wellness Committee Dress Red Event)