



EVENTS FOR  
JANUARY 11 - 15

**January 11th** - *Lazy Yoga*

**\*January 12th** - *Exposing News & Social Media: How to Not Catch or Spread Misinformaton through Source Evaluation*

**\*January 12th** - *PSECU Webinar: Spending Plans & Credit*

**January 13th** - *Mindful Minutes*

**\*January 14th** - *Get Involved; Meet MUBA (Millersville University Business Association) 1*

**January 15th** - *Take a Break- 40+ Virtual Activities to Add to Your To-Do List*

**\*Registration is required**

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.