



EVENTS FOR
JANUARY 19 - 22

**January 19th - Navigating Finances
During Challenging Times at 12pm**

via Zoom with Kristyne
Schonhaut, PSECU

January 20th - Mindful Minute

facilitated by Dr. Daniel O'Neill and Dr. Joseph Lynch
Center for Counseling and Human Development

**January 21st - Strategies for
Improving the Ergonomic Design of
Your Remote Work Area**

via Zoom with Gail Fellows,
Environmental Health & Safety

**January 22nd - Developing an
Attitude of Gratitude**

submitted by Sherry Mull, Academic
Advisement & Student Development

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.