



EVENTS FOR
JANUARY 4 - 8, 2021

January 4th - Lazy Yoga

led by Maria Detwiler
Center for Counseling and Human Development

***** January 5th - Lunchtime Trivia at 12pm**

with Allison Yarrow
Campus Recreation

January 6th - Mindful Minutes

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

***** January 7th - "What, When and How Often Should I Clean During the Pandemic" at 12pm**

with Gail Fellows
Environmental Health & Safety

January 8th - "Maskne Tips for Addressing Skin Irritation Caused by Face Coverings"

PowerPoint created by Joanne Ocasio
Health Services

*****Registration is required
for the Zoom link.**

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.