

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



Events for February **15th - 19th**

February 15th - **"Lazy Yoga"** led by Maria Detwiler, Center for Counseling and Human Development & **"Take a Hike Kickoff "**

February 16th at 12pm - **"Lunchtime Trivia"**
with Allison Yarrow, Campus Recreation

February 17th - **"Mindful Minutes"**
facilitated by Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling and Human Development & **"Support the Campus Cupboard"**

February 18th at 12pm - **"2021 Vacation Planning – Can I Travel During the Pandemic – Safely?"** with Gail Fellows, Environmental Health & Safety

February 19th at 12pm - **"Spring Cleaning Tips and Tricks for Better Organization?"**
with Allison Yarrow, Campus Recreation

Contact Wendy.Bowersox@millersville.edu for assistance.