

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



# **Events for February** **22nd - 26th**

**February 22nd** - "**Lazy Yoga**" led by Maria Detwiler, Center for Counseling and Human Development

**February 23rd** - "**State Employee Assistance Program (SEAP) - What's In It For Me?**"  
PowerPoint created by Wendy Bowersox, Human Resources

**February 24th** - "**Mindful Minutes**" facilitated by Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling and Human Development

**February 25th** - Do Good. Feel Good. "**Support Millersville University's One Day Give**"

**February 25th** - "**#Marauder Foody Friday Recap**" article written by Lauren Carlson, Student

Contact **Wendy.Bowersox@millersville.edu** for assistance.