

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



Events for February 8th - 12th

Contact Wendy.Bowersox@millersville.edu with any questions.

February 8th - "How 2 Save \$" video with Jason Rodriguez, Housekeeping

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"Lazy Yoga" led by Maria Detwiler, Center for Counseling and Human Development

February 9th - "Bibimbap - Healthy Meal Prep Demonstration" with Louis Logan, Dining & Conference Services

February 10th - "Mindful Minutes" facilitated by Dr. Daniel O'Neill and Dr. Joseph Lynch, Center for Counseling and Human Development

February 11th at 7pm - "Card Making Basics- Craft a Special Message to Send to Someone Who is Homebound" with Kristyne Schonhaut, PSECU

February 12, 2021 at 12pm - "Budget Friendly Family Fun in Lancaster" Zoom call with Jackie Aliotta of Campus Life