Employee Wellness Program
Allison Yarrow & Julie Lombardi
Co-Chairs of the Employee Wellness Committee
Well-ness (wel-nes) n. An active process through which people become aware of, and make choices toward, a more successful experience.
The Millersville University Wellness Program has been designed to educate, encourage, and inspire the faculty and staff to achieve and maintain a healthy lifestyle by providing information and resources to promote better overall health and wellness.
Find Out About Events & Programs

Please check the following:

• Our Website
  – https://millersville.edu/hr/wellness/index.php

• ‘Ville Daily

• Follow us on Instagram
  – @mu_employeewellness
Employee Wellness Events & Programs
The Go Red for Women national event held on the first Friday in February draws attention to the seriousness of heart disease and hopes to change the perception that it is only a male issue. Millersville University joined this national movement to raise awareness about women and heart disease.
Take a Hike is an annual event where employees create and join teams. Each team will record its mileage to see how far it travels along the trails. Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer!

Sign up on a team or as a “Free Agent” to get a team!

This year’s theme: PA Rail Trails  https://www.traillink.com/state/pa-trails/
Past events to be on the look out for...

Keep an eye out on our website & ’Ville Daily

- Pickleball – 2/20/2024
- Mental Health First Aid Training – 3/5/2024
- Spring Wellness Fair – 4/10/2024
- Fall Wellness Fair – 10/23/2024
- Walking Wednesdays – 2nd Wed. of each month
- CPR Training
- Swing Dance Night
- Card Making Class
- Stretching Program
- 5K for Equity
- Yoga Classes
- Spring Walk/Scavenger Hunt
- Winter Wellness Wonderland
Past Topics

- Cooking demonstration
  - With a MU community Cookbook
- “The A to Zzzzzzzzz of Sleep”
- Spring Foot Health
- Two interactive presentations:
  - Media Detox
  - Mindful Eating
- The Balancing Act
  - What’s going on and how to relax
  - Plus a bit about mindful eating
- “I’m Too Busy to Eat Healthy”
Dance for the Health of It

Quick dances taught on the spot
A bit of fun and exercise over lunch...and a LOT of laughs!
Millersville University

Employee Wellness Committee (EWC)
Current Team Members

- Lauren Blevins, Health Services
- Wendy Bowersox, Human Resources
- Kaitlyn Hafdell, Intercollegiate Athletics Department (Women's Lacrosse)
- Molly Caldwell-Hamlin, Academic Advisement & Student Development
- Solomon Geleta, HVAC Refrigeration Maintenance
- Gabriela Hagiu, Educational Foundations Department
- Ann Marie Licata, Educational Foundations Department
- Julie Lombardi, Wellness and Sport Sciences Department
- Lori Longenecker, Housekeeping
- Rachel MacIntyre, Psychology Department
- Susan Moyer, Nursing Department
- Lori Rodriguez, Payroll Services
- Chip Schaeffer, Wellness and Sport Sciences Department
- Kristyne Schonhaut, PSECU
- Margaret (Margo) Thorwart, Intercollegiate Athletics
- Allison Yarrow, Campus Recreation
HOW TO REACH US

• Allison Yarrow, Co-Chair of EWC, Campus Recreation, 717-871-4368, Allison.Yarrow@millersville.edu
• Dr. Julie Lombardi, Co-Chair of EWC, Wellness and Sports Sciences, 717-871-4213, Julie.Lombardi@millersville.edu
• Employee Wellness Committee Email: employeewellnessevents@millersville.edu
• EWC Website: https://www.millersville.edu/hr/wellness/
• Instagram: @mu_employeewellness
Campus Recreation & Rec Facilities
SMC Rec Center

• FREE for all current MU faculty, staff, and students.
• Summer Hours
  • Monday-Friday: 9 a.m.-7 p.m.
  • Saturday/Sunday: Closed
• The Rec Center will be closed on the following dates:
  • Memorial Day – Monday, May 27
  • Juneteenth – Wednesday, June 19
  • Independence Day – Thursday, July 4
• In the event of inclement weather, please check our social media pages for any updates to our hours. @mucampusrec
• More information: https://www.millersville.edu/campusrec/smc-rec-center.php
Facilities

Pucillo Gym/Indoor Track

• Available when not in use by classes, Athletics, Intramurals, Club Sports, Student Organizations, or any reservations made by a University employee.

Pucillo Pool

• Open Swimming - lanes

Facilities

McComsey Basketball Courts & Tennis Courts

• Available when not in use by classes, Athletics, Intramurals, Club Sports, Student Organizations, or any reservations made by a University employee.

Biemesderfer Stadium/Track

• Available when not in use by classes, Athletics, Intramurals, Club Sports, Student Organizations, or any reservations made by a University employee.
Millersville University Ropes Course

• Available during Open Climb Hours for all current MU Students, Faculty, and Staff
• Bring a group: Ability to reserve a high ropes, low ropes, or team building program.
• More information: https://www.millersville.edu/campusrec/outdoorprograms.php

Brooks Field, the Quad, Pucillo Soccer Field

• Available when not in use by classes, Athletics, Intramurals, Club Sports, Student Organizations, or any reservations made by a University employee.
Questions?