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](https://millersville.edu/hr/wellness/index.php)

• ‘Ville Daily

• Follow us on Instagram
  – @mu_employeewellness
Millersville University

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.
Guest Speaker: Cassandra Haddad

Cassandra Haddad, Integrative Health Nurse Practitioner and Millersville graduate, will be presenting heart healthy tips and tricks for everyday living. She will discuss simple changes you can make in your life to increase heart health and decrease chances of heart disease such as heart healthy foods, supplements, and activities, as well as what tests to ask your healthcare provider for to better assess your heart health risk.

Register on our website:
https://www.millersville.edu/hr/wellness/

Dress Red – February 3, 2022
Take a Hike: 2/20/23 – 4/30/23

Team Challenge

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: THE GREAT LAKES

- Lake Erie and Lake Ontario = 1583 miles
- Lake Michigan and Lake Erie = 2509 miles
- Lake Superior = 2726 miles
- Lake Huron = 3827 miles
- Lake Superior, Michigan, Huron, Erie, Ontario = 10,645 miles
Partner Dancing

Registration Open Now

• What: Partner Dancing with Dr. Shaeffer
• When: Friday, Feb 17, 2023, 7:00-8:00p.m.
• Where: SMC Rec Center, MAC Area or Dance Studio
• Why: Join us for an opportunity to learn some new moves with colleagues and friends on a fun evening. Dress for light activity with comfortable shoes.
Past events to be on the look out for...

Keep an eye out on our website & ’Ville Daily

- Pickleball
- Wellness Fair
- Swing Dance Night
- Card Making Class
- Stretching Program
- 5K for Equity
- Yoga Classes
- Fall Fest
- Spring Walk/Scavenger Hunt
- Winter Wellness Wonderland: wellness programming
Past Topics

- Cooking demonstration
  - With a MU community Cookbook

- “The A to Zzzzzzzzzz 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
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!
More fun to get involved in:

• Group Exercise Classes
  – Basic Bootcamp
  – Yoga
  – Spin

• Meditation

• Trauma-Informed Yoga

• Wellness Fairs

• Spring Walk

• Earth Day Events
  – Tree Giveaway
Employee Wellness Committee

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
Contact Us

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
Millersville University

Campus Recreation & Rec Facilities
SMC Rec Center

• FREE for all current MU faculty, staff, and students during the Spring 2023 semester.
  • Monday-Thursday: 6 a.m.-12 midnight
  • Friday: 6 a.m.-7 p.m.
  • Saturday: 10 a.m.-7 p.m.
  • Sunday: 10 a.m.-12 midnight

• The Rec Center will be closed on the following dates:
  • March 4-March 12, 2023 (Spring break, conferences)
  • May 6-May 7, 2023 (Commencement)
  • Summer 2023 hours, beginning May 8, 2023 will be announced soon.

• 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
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

• More information:  
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?