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.
Please check the following:

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

- ‘Ville Daily

- Follow us on Instagram
  - @mu_employeewellness
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:
Dr. Kathaleen King-Dailey

Dr. King-Dailey is a nurse practitioner at Penn State Health Heart and Vascular Institute Advanced Heart Failure Center. Dr. King-Dailey is a strong advocate for woman and heart disease awareness.

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

Dress Red – February 4, 2022
Take a Hike: 2/1/22 – 5/1/22

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!

Themes Used in the Past

• Canada’s Great Trail
  • Newfoundland to Niagara Falls
  • Niagara Falls to Regina
  • Regina, Saskatchewan to Vancouver
• Delaware to California
Keep an eye out on our website & ’Ville Daily

- Swing Dance Night
- Card Making Class (via Zoom)
- Stretching Program
- 5K for Equity
- Yoga Classes (via Zoom)
- Spring Walk/Scavenger Hunt
Employee Lunch & Learns

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
Fall Fest

Tai Chi Demonstrations and Backyard Games

A break at lunchtime to get outside, catch up with colleagues, and have a bit of fun.
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!
An opportunity to explore relevant topics impacting our world while also getting to know fellow faculty and staff members. These offerings are presented by your colleagues from departments across the University and are intended to provide support in the following areas: physical health, emotional care, financial wellness, social connection, and professional development.

Past Events & Programs offered during Winter Wellness Wonderland:
• A compilation of articles
• Prerecorded videos – cooking demonstrations
• Live Zoom sessions – trivia, review of Fitness Apps, card-making, journaling, financial fitness, couponing
• Paint night
Additional Events Over the Years

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 (EWC)
Employee Wellness Committee

Current Team Members

• Wendy Bowersox, Human Resources
• Kristin Lawson, Center for Advisement and Student Support
• Julie Lombardi, Wellness and Sport Sciences Department
• Lori Longenecker, Housekeeping
• Debbie Lutz, Payroll Services
• Susan Moyer, Nursing Department
• Jean Ressler, Accounting & Budget
• Lori Rodriguez, Payroll Services
• Chip Schaeffer, Wellness and Sport Sciences Department
• Kristyne Schonhaut, PSECU
• 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
Millersville University

Campus Recreation & Rec Facilities
SMC Rec Center

• FREE for all current MU faculty, staff, and students during the Spring 2022 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 5-March 13, 2022 (Spring break, conferences)
  • May 7-May 8, 2022 (Commencement)
  • Summer 2022 hours, beginning May 9, 2022 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 Fitness Room

• The primary function of the Pucillo Fitness Room is to serve students enrolled in WELL 175 Wellness classes.

• The following groups may use the Pucillo Fitness Room during specified open hours as determined by the chairperson of the Wellness and Sport Sciences Department:
  • Millersville University students currently enrolled in classes
  • Millersville University faculty, staff, and retirees
  • Spouses of Millersville University faculty, staff, and retirees
  • Dependents age 18 or over of Millersville University faculty, staff, and retirees

• **Open M-F:** 06:30 - 08:00 AM / 12:00 - 01:00 PM / 03:00 - 06:30 PM

• **Note:** The Pucillo Fitness Room may be closed occasionally due to an educational or athletic event.

• More information: [https://www.millersville.edu/wssd/pucillofitness.php](https://www.millersville.edu/wssd/pucillofitness.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

• 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.
Facilities

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?