Welcome to MU’s Employee Wellness Program

Well-ness (wel-nes) n. An active process through which people become aware of, and make choices toward, a more successful experience.
Dimensions of Wellness
Program Description

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.

Team Members

- Sara Burcin, SMC Fitness Center
- Amanda Flury, Bursar
- Sylvia Lepore, Human Resources
- Julie Lombardi, Wellness and Sport Sciences
- Lorie Mahoney, Office of Alumni Engagement
- Izzy Mailen, SMC Manager
- Sherryl Munc, Admissions
- Jean Ressler, Purchasing
- Beth Roberts, Biology
- Chip Schaefer, Wellness and Sport Sciences
- Chris Steuer, Sustainability
- Allison Yarrow, Campus Recreation

Recent News

- HealthWays Fitness Your Way
  - Find A Local Gym

Upcoming Events

- Fall Walk
  - Thursday, October 19, 2017
- Fall Lunch & Learn
  - Wednesday, November 8, 2017

Resources

- American Cancer Society
- American Diabetes Association
- American Heart Association
- Celiac Sprue Association
- MyFitnessPal
- Nurse Gabby
- RealAge
- Weight Watchers

Success Stories

Hi SyMarie,
I want to share with you my successes, which in large part were...
Fall Fest 2017

Tai Chi Demonstration &
Backyard Games
Employee Wellness Lunch & Learn

2017 Topic - The Balancing Act - Understanding and Managing Stress
Employee Wellness Fairs
Dress Red Luncheon, 12th Annual
February 2, 2018

11:30 a.m. to 1:00 p.m.

Effect of Meditation on Heart Health
Take a Hike!

8th Annual

Canada’s Great Trail, the portion from Newfoundland to Niagara Falls - 3168 miles

2/12/18 to 4/29/18 or 11 weeks
Millersville University’s Earth Day Spring Walk

Watch Ville Daily for an announcement with details of walk.
Team Members
Allison Yarrow, Campus Recreation
Amanda Flurry, Bursar
Chip Schaeffer, Wellness & Sport Sciences
Chris Steuer, Sustainability
Izzy Mailen, Student Memorial Center
Jean Ressler, Purchasing
Julie Lombardi, Wellness & Sport Sciences
Lorie Mahoney, Office of Alumni Engagement
Sara Burcin, SMC Fitness Center
Sherry Mull, Student Success Programs
Stephanie Ayers, Information Technology
Sylvia Lepore, Human Resources