Welcome to MU’s Employee Wellness Program

Wellness (wel-nes) n. An active process through which people become aware of, and make choices toward, a more successful experience.
Dimensions of Wellness
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 Flurry, Busar
- Sylvia Lepore, Human Resources
- Julie Lombardi, Wellness and Sport Sciences
- Lole Mahoney, Office of Alumni Engagement
- Izzy Mailen, SMC Manager
- Sherry Muli, Admissions
- Jane 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 SyMa,
I want to share with you my success story, which is...
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
The SMC Fitness Center will be offering 2 **FREE** group fitness classes for MU Faculty and Staff for 4 weeks.

**Basic Bootcamp** - Monday’s 5-5:30pm

**YOGA** - Tuesday’s 12:15-1pm

For more info on these classes please contact Sara Burcin- Fitness Center Manager @ sburcin@ssi.millersville.edu

Or check out the HR website: [http://www.millersville.edu/hr/](http://www.millersville.edu/hr/)
Millersville University’s Earth Day Spring Walk April 19, 2018

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