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
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, Office of Student Accounts
- Sylvia Lepore, Human Resources
- Julie Lombardi, Wellness and Sport Sciences
- Izzy Mailen, SMC Manager
- Sherry Mull, Academic & Student Development
- Joanne Ocasio, Health Services
- Jean Ressler, Purchasing
- Amanda Rosbach, Senior Undergraduate Volunteer Intern
- Chip Schaeffer, Wellness and Sport Sciences
- Chris Steuer, Sustainability
- Kristin Thomson, Office of International Programs and Services
- Allison Yarrow, Campus Recreation

RECENT NEWS
WELLNESS LINKS
RECENT NEWS
UPCOMING EVENTS
RESOURCES

HUMAN RESOURCES HOME
- Americans With Disability Act
- Benefits
- Classification
  - Employee Relations
  - Employment
  - Employee Self Service
  - Environmental Health & Safety
    - Forms
    - Labor Relations
    - New Employee
    - Payroll Services
    - Staff
    - Professional Development & Training
      - Wellness
        - Dimensions of Wellness
        - Healthy Highlights

QUICK LINKS
- Take-a-Hike Wellness Program
Dress Red Luncheon, 14th Annual
February 7, 2020
11:30 a.m. to 1:00 p.m.
Employee Wellness Lunch & Learn

October 2019
Take a Hike!

9th Annual

Canada’s Great Trail
Niagara Falls to Regina, Saskatchewan  3,240 miles

2/11/19 to 5/5/19

A team event.

10th annual 2/10/2020-5/3/2020
Fall Fest

Tai Chi Demonstration & Backyard Games
Employee Wellness Fairs
**Team Members**

Allison Yarrow, Campus Recreation  
Amanda Rosback, Senior Undergraduate Volunteer Intern  
Amanda Flurry, Bursar  
Chip Schaeffer, Wellness & Sport Sciences  
Chris Steuer, Sustainability  
Izzy Mailen, Student Memorial Center  
Jean Ressler, Purchasing  
Joanne Ocasio, Health Services  
Julie Lombardi, Wellness & Sport Sciences  
Kristin Thomson, Global Education  
Sara Burcin, SMC Fitness Center  
Sherry Mull, Student Success Programs  
Sylvia Lepore, Human Resources