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
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

- Stephanie Ayers, IT
- Sara Burcin, SMC Fitness Center
- Amanda Flurry, Office of Student Accounts
- Sylvia Lepore, Human Resources
- Julie Lombardi, Wellness and Sport Sciences
- Lorie Mahoney, Office of Alumni Engagement
- Izzy Mailen, SMC Manager
- Sherry Mull, Academic Advisement
- Joanne Ocasio, Health Services
- Jean Reszler, Purchasing
- Chip Schaeffer, Wellness and Sport Sciences
- Chris Steves, Sustainability
- Allison Yarrow, Campus Recreation

RECENT NEWS

WELLNESS LINKS

- Wellness
- Dimensions of Wellness
- Healthy Highlights
Employee Wellness Lunch & Learn

Flu Shots will be Available

October 17 - Digital De-Stressing & Mindful Eating
Dress Red Luncheon, 13th Annual
February 1, 2018
11:30 a.m. to 1:00 p.m.
Take a Hike!
9th Annual

2/11/19 to 4/28/19

A team event.
Fall Fest 2017

Tai Chi Demonstration &
Backyard Games
Employee Wellness Fairs
Meditation

Basic Bootcamp

YOGA

For more info on classes please check out the HR website:
http://www.millersville.edu/hr/
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
Kristin Thomson, Global Education
Sara Burcin, SMC Fitness Center
Sherry Mull, Student Success Programs
Stephanie Ayers, Information Technology
Sylvia Lepore, Human Resources