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 Reisdle, Purchasing
- Chip Schaeffer, Wellness and Sport Sciences
- Chris Steves, Sustainability
- Allison Yarrow, Campus Recreation

HUMAN RESOURCES HOME

- Americans With Disability Act
- Benefits
- Classification
- Employee Relations
- Employment
- Employee Self Service
- Environmental Health & Safety
- Forms
- Labor Relations
- Payroll Services
- Staff
- Professional Development & Training
- Wellness
  - Dimensions of Wellness
  - Healthy Highlights
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
starting March 19, 2018

**YOGA** - Tuesday’s 12:15-1pm
Starting March 20, 2018

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/
Millersville University’s Earth Day Spring Walk
April 19, 2018
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