

# STALL TALK

THE CENTER FOR HEALTH EDUCATION AND PROMOTION  
Volume 2, Issue 5 | 2025-2026

Wed.  
Feb. 25

## Mental Health Matters

11:30am - 1:30pm in SMC Atrium

- Interactive tabling fair
- Wellbeing screenings
- Craft activity

\*First 100 students to complete passport get an [Emoji Stuff-A-Plush!](#)

Prioritize your mind this semester!



## INTRAMURAL LEAGUES

Basketball	February 2
Volleyball	February 9
Indoor Soccer	February 23
Outdoor Soccer	March 16
Flag Football	March 23
Softball	March 23

\*Dates listed above are registration deadlines. League games start the following week.



Scan QR Code to go to [IMLeagues](#) or download the Ville Rec App!

Join as a team or as a Free Agent

Interested in expanding your social network?

Check out our fraternity & sorority life on campus!



IG: @millersvilleFSL



Save the dates for our upcoming events:

1. All Greek Council Carnival- 2/4 at 7 PM in SMC MPR- opportunity to meet and engage with our fraternities and sororities.
2. Formal Recruitment Weekend- 2/5-2/8 in the SMC- meet our Panhellenic sororities and celebrate Bid day on Sunday.
3. IFC Rush Weeks- 2/2-2/13- meet our fraternities and learn about joining their organizations.
4. CGC Week- 2/8-2/12- Meet the brothers and sisters of our cultural based fraternities and sororities.



Millersville University

ELSIE S. SHENK CENTER FOR HEALTH EDUCATION AND PROMOTION

Division of Student Affairs



Complete your 2026-27 FAFSA! Students who file the FAFSA are more likely to attend, return, and stay on track. MU scholarship applications for '26-27 are open. Apply via Scholarship Universe!

## The "No-Spend One Day a Week" Challenge

Pick one day each week in 2026 where you don't spend any money—no coffee runs, takeout, online shopping, or impulse buys. Use what you already have: eat what's in your fridge, study in free campus spaces, walk instead of ride, and lean into no-cost activities.

Why it works:

- One no-spend day a week can save \$20-\$40—over \$1,000 a year!
- It builds awareness of habits without feeling restrictive.
- It turns saving into a routine, not a reaction.

Make it fun:

- Choose a theme like "Mindful Monday" or "Free Friday."
- Do it with friends or roommates.
- Track what you didn't spend and watch the total grow.

Small pauses add up to big savings!!



## Add One Color to Every Meal

Instead of trying to overhaul everything you eat, focus on adding one colorful food to each meal—berries at breakfast, spinach on a sandwich, peppers in pasta, or an apple between classes.

Why it works:

- Color = nutrients. Fruits and veggies fuel energy, focus, and immunity.
- It's realistic on a college schedule.
- You don't have to give up comfort foods just balance them.
- Small upgrades build lasting habits. One color at a time, all year long.



## Valentine's Day Trail

Fri., Feb. 13 at 11:30am-1:30pm

Celebrate all kinds of love by visiting participating offices across campus, enjoying festive stops, and learning more about the programs and services available to support you. Join us for a fun, engaging way to connect and explore campus this Valentine's Day. Contact the Department of Campus Life for more information!



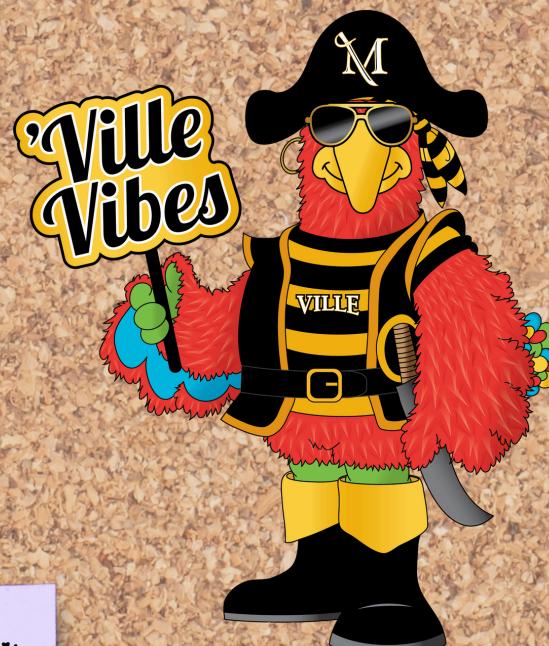
Wed.  
Jan. 28

## Involvement Fair!!!

11:30am-1:30pm in Ville Courts

Take this opportunity to connect with student organizations, departments, and campus programs ready to help find your place and passion.

Whether you're into leadership, service, arts, sports, or just making new friends, there's something for everyone!



Don't miss!!!



## REPORTING & RESOURCES

### Title IX - Institutional Reporting

[mutitleixcoordinator@millersville.edu](mailto:mutitleixcoordinator@millersville.edu), Dilworth 110, 717-871-4100

### Millersville University Police - Criminal Reporting

Boyer, 717-871-4357, In an emergency dial 911

The Title IX Coordinator can assist in navigating both on- and off-campus reporting.

### Anonymous Reporting

Make a report anonymously by scanning the QR code.



### YWCA Sexual Assault Advocate

[wehearyou@ywcalancaster.org](mailto:wehearyou@ywcalancaster.org) | 24-Hour Hotline: 717-392-7273

### Domestic Violence Services Advocate

[muadvocate@caplanc.org](mailto:muadvocate@caplanc.org) | 24-Hour Hotline: 717-299-1249 or Text SAFE to 61222

### Health Services | Lyle Hall, 2<sup>nd</sup> Floor | 717-871-5250

### Counseling Center | Lyle Hall, 3<sup>rd</sup> Floor | 717-871-7821

### Planned Parenthood | 902 Manor St. | 717-299-2891

Follow us on Instagram: [@Millersville\\_CHEP](#)

Text "WELLNESS" to 71444

\*Full citations available by request. Email [chep@millersville.edu](mailto:chep@millersville.edu)