

As our Winter Wellness Wonderland (WWW) has concluded, and we begin to welcome Spring, please know that the Employee Wellness Committee is a constant resource for our employee community.

Email: employeewellnessevents@millersville.edu if you want to be on our MU email listing to be notified about upcoming events and programs!

Did you miss a Winter Wellness Wonderland event? Archived information video's and article from WWW can be found [here](#).

Resources for ongoing wellness to learn more, follow the appropriate link:

[PEBTF Discount Programs](#)
[State System Highmark Health Plan Blue365 Deals](#)
[Get Healthy \(PEBTF\)](#)
[Healthy U \(PASSHE\)](#)
[MU Campus Walking/Running Routes](#)
[State Employees Assistance Program \(SEAP\)](#)
[SMC Rec Center](#)



MU_EMPLOYEEWELLNESS



Follow and add your photos and stories on our Instagram.

Post a photo of how you're using the Dress Red Swag or answer the question below for a special gift.

Please share your ideas for future topics, speakers, events, or any other suggestions you have for Employee Wellness Committee!

Trivia Question: What year did the Employee Wellness Committee begin?