

Dear colleague,

Feeling drained?
Trouble focusing?
Looking for inspiration?
You are not alone.



The Office of Human Resources and Millersville University Employee Wellness Committee have partnered to deliver to you a **Winter Wellness Wonderland** - a compilation of articles, pre-

recorded videos, live Zoom sessions, gameshows and more - to inspire you this winter season. These offerings are presented by your colleagues from departments across the University and are intended to provide support in the following areas: physical health, emotional care, financial wellness, social connection, and professional development

Each week we'll be sharing via **'Ville Daily** a line-up of scheduled offerings for the week.

- ❖ To view the full calendar, which is ever-changing, click [HERE](#). (Please note that when viewing the calendar, pink boxes indicate events that require pre-registration.)
- ❖ If you would like to be placed in an email group to automatically receive updates about Winter Wellness Wonderland programming, please message us at employeewellnessevents@millersville.edu with the subject WINTER WELLNESS WONDERLAND LISTSERV.
- ❖ If you have questions or would like to submit an idea for programming (or volunteer to offer your knowledge/talent to the lineup!) please contact Wendy Bowersox at wendy.bowersox@millersville.edu.

Join us as we explore relevant topics impacting our world while also getting to know fellow faculty and staff members. Our program begins December 21st with an information share about winter solstice presented by Dr. Sepi Yalda of Earth Sciences. Watch 'Ville Daily to learn more!

With warm wishes for a rejuvenating holiday season,

Wendy Bowersox
Workplace Training Coordinator