



Events for non-academic staff in
the College of Human Ecology

CHEER Mission Statement

College of Human Ecology
Employee Rejuvenation

CHEER exists to support the
physical, social and psychological
well-being of staff working in the
College of Human Ecology by:

- ❖ coordinating and sponsoring events that advance our lives through education, entertainment, and social connection
- ❖ promoting and celebrating the diversity that each individual brings to the CHE community
- ❖ encouraging staff to reflect on and engage in the mission of the College
- ❖ liaise regarding work environment issues that could be improved to the benefit of all

What: Zumba

When: Wednesday, January 11, 2-3pm

Where: MVR 166

Who: Christa Albrecht
Cornell Wellness Instructor

Why: Loosen up and work off some
excess

Wow:



ZUMBA®
FITNESS

