



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

