

Subject: Instant HR & Payroll: Free Yoga, Princess Weekend, Aging Well Seminar, Faculty-Staff Enrichment Day, Sibs & Kids Weekend, School Readiness, Outside Employment Guidelines, Tobacco Free Program

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Attachments: image001.png, image002.png, image003.png, image004.png, image005.png, image006.png, image007.png, image008.png, image009.png, image010.png, image011.png, SP2018 FSED Graphic.png, SchoolReadinessFlyer(Electronic).jpg, CFAherald_27_MoscowBallet_SwanLake_R1.pdf, CFAherald_28_MoscowBallet_Cinderella_R1.pdf, Sibs & Kids Weekend 2018.png, YogaFlyer3.pdf, Copy of Train the Trainer - Dimensions (2).pdf

Instant HR & Payroll

Happy Valentine's Day! Since Valentine's Day is all about hearts, we have a well-being seminar focusing on happy and healthy hearts. Read below for details on the Center for the Arts' princess day, Faculty-Staff Enrichment Day, and the Child Development Center and Westminster School's "School Readiness" talk. Then, check in on a few other events happening around Mason.

Outside Employment Guidelines

Outside Employment Guidelines

As a quick reminder, under Mason policy, classified and administrative and professional faculty are required to obtain approval from their supervisor prior to engaging in any outside employment.

For more information, please reference the guidelines by clicking "Learn More" or [here](#).

[Learn More](#)

Well-Being Seminar: Aging Well

Physical Well-Being Seminar: Aging Well-A Happy Heart is a Healthy Heart

Details: **February 26, Merten Hall 1201, 12 – 1 p.m.**

Join Dr. Patrice Winter in celebrating Heart Health Month. Dr. Winter will address strategies on how to age well and keep your heart happy. Wear

comfortable shoes and clothing in which you can move freely.

This session will be video-conferenced to the Arlington and SciTech campuses.

For more information and **to register** click “Learn More” or [here](#).

Learn More

School Readiness

School Readiness: How do I know if my child is ready for Kindergarten?

Details: **Wednesday, February 28, 2018 from 12 p.m. – 1 p.m. at the Johnson Center, 3rd floor Meeting Room D**

Join the Child Development Center (CDC) and Westminster School in exploring the many factors parents should consider when determining if their child is ready for school.

This talk will be live-streamed! [Click here](#) to watch during the time listed above. Check out the attached flyer for more information.

To register, click “Learn More” or [here](#).

Learn More

Faculty-Staff Enrichment Day

Faculty-Staff Enrichment Day Registration Now Open!

Register now for the 2018 Faculty-Staff Enrichment Day on **Wednesday, March 7!** This day-long event will feature two keynote speakers and a series of breakout sessions and activities centered around the theme “Inspiring Trust.”

Follow Faculty-Staff Enrichment Day on Twitter: [@MasonFSED](#).
For questions, contact hrlearn@gmu.edu.

To register, click “Learn More” or [here](#).

Learn More

Princess Weekend

Princess Weekend

Wear your tiara, gather your favorite princesses, and come to this very special princess weekend hosted by the Center for the Arts! Watch the Moscow Festival

Ballet perform the classics *Swan Lake* on **March 17 at 8 p.m.** and *Cinderella* on **March 18 at 2 p.m.**

Enjoy a fun experience for the whole family! There will be:

- Princess cocktails and fairy tale sweet treats available at concessions
- A photo booth fit for a princess
- A pre-performance discussion with a dancer from this prestigious company

Princess attire is encouraged for all ages!

For more information and **for tickets**, click “Learn More” or [here](#).

Learn More

Sibs & Kids Weekend

Sibs & Kids Weekend (formerly Siblings Weekend)

Presented by Orientation and Family Programs and Services, Mason faculty and staff are invited to bring their kids, ages 6-18, to Sibs & Kids Weekend from **April 21-22**.

To register and for more information, see the attached flyer, click “Learn More,” or [click here](#).

Learn More

Free Yoga

Free Yoga

Hosted by the Center for the Arts, join Alyssa Hadley, resident yoga instructor of Mason’s Center for the Advancement of Well-Being (CWB), for free yoga classes. These “yoga for well-being” sessions offer a safe space for the Mason community to unite, relax, and de-stress.

Click “Learn More,” see the attached flyer, or click [here for more details and dates](#).

Learn More

Tobacco Free Program

Dimensions: Tobacco Free Program, Train the Trainer

Presented by Student Support and Advocacy Center, Dimensions is a six-week course that provides education and skills to people who want to gain and maintain a tobacco-free life.

See attached flyer for details.

To register or to facilitate this program, please click “Learn More” or [here to register.](#)

Learn More

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