

**Subject:** Instant HR & Payroll: A Delicious Who's Walking Wednesday, Disney On Ice Discounts, CDC Summer Camp, Health and Fitness Expo, Victims' Rights 5K Run and Walk

**Date:** Friday, March 16, 2018 at 2:37:15 PM Eastern Daylight Time

**From:** Ashley M Hill (sent by Human Resources & Payroll List <HR-PAYROLL-L@listserv.gmu.edu>)

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**Attachments:** image001.png, image002.png, image003.png, image004.png, image006.png, image007.jpg, image009.png, image010.png, image011.png, image012.png, image013.png, image014.jpg, WhosWalkingWednesdaywithJJDavis.png, FAIRFAX.D30.2018.pdf, Mason Kids Club Summer Camp (Print).pdf

## Instant HR & Payroll

Help spread the word! As an HR liaison, we ask you to help spread the Instant HR & Payroll to your team. By forwarding this email, you can help enhance their well-being. For example, if you know someone on your team who has a child, be sure to forward them the information about the Mason Kids Club summer camp. We thank you for all you do!

[There are lots of great opportunities coming up! Be sure to take part in this Who's Walking Wednesday with J.J. Davis! Read on to discover Disney On Ice discounts, Mason Kids Club summer camp information, and Spring Into Well-Being events.](#)

## Who's Walking Wednesday with J.J.

**Spring Into Well-Being**  
**Who's Walking Wednesday With J.J. Davis!**

Join Jennifer (J.J.) Davis, Senior Vice President for Administration and Finance, and Alex Iszard, from Facilities Project Management and Construction, as they lead Who's Walking Wednesday.

Free Chipotle Gift Card!    **March 21**    Exclusive Tour of Peterson Hall

**Details:** March 21 at noon in front of Merten Hall

Whoever said there's no such thing as a free lunch didn't know about Who's Walking Wednesday with J.J. Davis! At this special Who's Walking Wednesday, you will not only get an exclusive tour of the new Peterson Family Health Sciences Hall, but a Chipotle gift card as well!

Kick-off Mason's yearly Spring Into Well-being month with Jennifer (J.J.) Davis, Senior Vice President for Administration and Finance, and Alex Iszard, from Facilities Project Management and Construction, as they lead Who's Walking Wednesday with J.J. Davis!

Meet in front of Merten Hall at noon on  
March 21  
Those who start and finish the walk receive a Chipotle gift card.

walking Wednesday. Meet J.J. and Alex  
for a tour of the new Peterson Family  
Health Sciences Hall and a free lunch!

See the attached flyer for more details.

## \$ Disney On Ice Discount



Discount Alert! *Disney On Ice's Follow Your Heart* will  
be at the EagleBank Arena in Fairfax on April 12-15, 2018!

Please read the attached flyer for more details about:

- Dates
- Times
- Discounts
- How to purchase tickets

For questions, please email [FeldDirectGroups@feldinc.com](mailto:FeldDirectGroups@feldinc.com)

## CDC's Time Traveler Summer Camp

From the Dinosaur Age to the Digital Age! Register your rising 1<sup>st</sup> graders through  
rising 6<sup>th</sup> graders for the Child Development Center's exciting Mason Kids Club Summer  
Camp! The theme of the summer is "Time Travelers" where children will journey  
through a different era each week.

For more information, please see the attached flyer or [click here](#).

[Learn More](#)

## Health and Fitness Expo

University Life, in partnership with Student Health Services, is sponsoring the 22nd annual Health and Fitness Expo on the Fairfax and Science & Tech campuses.

The Health and Fitness Expo features interactive health education activities, free health screenings, and fitness instruction and challenges. Health care providers will be offering the following health screenings: cholesterol, blood glucose, blood pressure, vision, and body mass index.

**Details:**

Fairfax Campus

Thursday, March 29, 2018, 10 a.m. – 3 p.m.

Johnson Center Dewberry Hall

<https://recreation.gmu.edu/fitness/hfe2018/>

Science and Technology Campus

Thursday, April 5, 2018, 10 a.m. – 3 p.m.

Freedom Aquatic and Fitness Center

<https://getconnected.gmu.edu/event/1841579>

Learn More



## Victims' Rights 5K Run & Walk

**Details:** Thursday, April 12, 2018 at noon, Fairfax Campus on Merten Hall Lawn

The 22nd Annual Victims' Rights 5K Run & Walk (VRRW) is sponsored by Mason's Student Support and Advocacy Center, in partnership with several Mason departments, and in collaboration with the Aimee Willard Endowed Scholarship Fund.

The Victims' Rights Run/Walk raises awareness about all types of violence and raises money for a great cause. For more information, [click here](#) or "Learn More" below.

Learn More

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*For a legend of the header icons, click [here](#).*

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