

**Subject:** Instant HR/Payroll: Health & Wellness Expo, Victims' Rights Run/Walk and Spring into Well-Being  
**Date:** Thursday, March 24, 2016 at 4:42:36 PM Eastern Daylight Time  
**From:** Janet P Walker (sent by HR/Payroll Department Contacts <DEPARTMENT-CONTACTS-L@listserv.gmu.edu>)  
**To:** DEPARTMENT-CONTACTS-L@listserv.gmu.edu

***Special Note for the Events Described Below***

A reasonable amount of time spent at the Health & Wellness Expo, Victims' Rights Run/Walk or Spring into Well-Being can be considered part of the work day with supervisor approval.

**Happy Birthday to the Health & Wellness Expo and the Victim's Rights 5K Run & Walk: 20 Years Old in 2016!**

**20<sup>th</sup> Annual Health & Wellness Expo**

Sponsored by University Life in partnership with Mason Recreation and many other Mason departments, the Health and Wellness Expo, formerly the "Health and Fitness Expo", will feature interactive health education activities, participatory demonstrations, and fitness instruction and challenges. Free health screenings, including cholesterol, blood glucose, blood pressure, vision, and body mass index will be also be provided. This event is free, open to the public, and promotes health, wellness, fitness, and disease prevention while introducing faculty, staff, affiliates, and students to resources in the community that can help them lead healthier lives.

- **Fairfax Campus**

Thursday, March 31st from 10 a.m. - 3 p.m.

Johnson Center Dewberry Hall

<https://recreation.gmu.edu/fitness/hwe2016/>

- **Science and Technology Campus**

Thursday, April 7, 10 a.m. to 3 p.m.

Freedom Aquatic and Fitness Center

<http://ulscitech.gmu.edu/healthwellness2016/>

**20<sup>th</sup> Annual Victims' Rights 5K Run & Walk**

The VRRW is sponsored by Mason's Department of Police and Public Safety in partnership with several other Mason departments and in collaboration-with the Aimee Willard Endowed Scholarship Fund. The proceeds of this event go to support the [Rape Aggression Defense \(RAD\) Program](#), which teaches women basic self-defense and the Victims of Violence Fund which is administered by [Wellness, Alcohol, and Violence Education and Services](#). Your involvement makes it possible for Mason to fund these two important programs, while promoting and defending victims' rights! To register, and for more information, please check out the [Victims' Rights 5K Run & Walk](#) site. *\*Please note our new location on the Merten Hall Lawn.*

- **Friday, April 1<sup>st</sup>, at 12 noon**

Fairfax campus

\*Merten Hall Lawn



The daffodils are blooming so it must be time for Spring into Well-Being! This year it runs from Wednesday, April 6 through Wednesday, April 13. The theme is “Six Days/Six Domains of Well-Being”. There are events and opportunities leading up to April 6 as well as a host of exciting opportunities throughout this annual celebration and awareness campaign. For a schedule of events, please visit the [Well-Being University website](http://wellbeing.gmu.edu) or find the schedule directly at <http://wellbeing.gmu.edu/our-programs/spring-into-well-being/schedule-of-events-spring-into-well-being-2016>. HR & Payroll is delighted to participate in this event and we hope you will extend an invitation to all your faculty, staff, students, and alumni.

Well-Being means something different to each of us. Spring into Well-Being is designed to “highlight some of the well-being programs, activities, and resources available to the Mason community that help build individual and collective capacities for increased vitality, purpose, resilience and engagement”. Well-Being is for everyone!! It’s a way to put some tools in your toolbox and help build your capacity to manage life’s ups and downs both at home and at work.

You are cordially invited to sample what the Mason community has to offer you. And the menu is astonishing; here’s a sample:

**Financial Well-Being Seminar: Building a Better Budget, Thursday, April 7, 12:00-1:00pm**

Join HR & Payroll for their Financial Well-Being Seminar Series at “Building a Better Budget” with Sarah Lieu of Apple Federal Credit Union. A budget is the most powerful tool available for establishing financial control. After identifying short, mid-, and long-term goals, participants will learn how to design realistic spending plans to live within their means and savings plans to reach their goals. Within that framework, the session will address different options available for getting and staying out of debt. This session will be videoconferenced to Arlington and SciTech.

Register at <http://hr.gmu.edu/learning/hr.php>

**Free Resilience Workshop, Friday, April 8, 9:30am-12:30pm**

Join the Center for the Advancement of Well-Being for a free half-day Resilience Workshop open to the Mason Community on Friday, April 8<sup>th</sup> from 9:30am-12:30pm in Research Hall 163. Learn three different approaches for dealing with adversity and conflict in your life. Learn how to go beyond just “stress management” and begin to cultivate a kind of inner development from which resilience is a natural by-product.

RSVP is required. To learn more & RSVP: <http://wellbeing.gmu.edu/events/5917>

**Happy Hour Yogurt and Yoga, Friday April 8, 4:00-5:00pm**

Join University Life, Mason Recreation, and Dannon Yogurt with an assist from HR & Payroll at Happy Hour Yogurt and Yoga. What a great way to end the week! Faculty, staff and students are invited to get their “happy” on with this restorative BYOM (Bring Your Own Mat) happy hour with free yogurt and other fun give-aways, including chances to win a fitbit. The first 20 registrants

receive a free yoga mat. You must be present to receive the mat. Walk-ins are welcome.

Please note the rain location will be at The RAC, Cage Gym.

Register at <http://hr.gmu.edu/learning/register.php?id=2505&type=716>

**HR & Payroll Benefits Discount Fair, Wednesday, April 13, 9:00am-3:00pm**

Stop by George's in the Johnson Center on Wednesday, April 13, anytime between 9:00am and 3:00pm to chat with some of Mason's financial vendors including TIAA-CREF, Fidelity Investments, ICMA-RC, Virginia Retirement System, Virginia 529 and Apple Federal Credit Union. Mason's health vendors will also be in attendance including Anthem (COVA Care), Kaiser Permanente, Aetna (COVA HealthAware), MyActiveHealth and CommonHealth. We'll also have information on the Life/Work Connection discount page and will feature a few of our discount providers (e.g. Potomac Arts Academy and more). It's a great opportunity to enhance your financial and health-related knowledge with all of these key resources under one roof! Don't miss it!

No need to register, just drop by! Here's a [Fair flyer](#) to post in your department.

**Share Your Career Wisdom With Us!**

Take out your smart phone and record a mini-video of you answering the question, "What one thing do you know now that you wish you knew when you first started out in your career?" Make sure it's 60 seconds or less and then send it to [worklife@gmu.edu](mailto:worklife@gmu.edu). University Life and HR & Payroll are compiling Mason's career wisdom to share during Spring into Well-Being.

In submitting a video to Mason, you understand that there is no guarantee that your particular video will be used and that you will receive no monetary compensation for Mason's use of the video. The video will become the property of Mason and Mason shall be the exclusive owner of any and all right, title, and interest, including copyright, in any and all advertising, promotional, Web pages/screens, and other materials containing the video.

Here's a [Career Wisdom flyer](#) to post in your department.