

**Subject:** Instant HR & Payroll: JCPenney Discount Event, Move More Challenge, Upcoming Financial Well-Being Seminar, Mason Needleworks, Professional Program Discount

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**From:** Human Resources & Payroll List on behalf of Ashley M Hill

**To:** HR-PAYROLL-L@listserv.gmu.edu

**Attachments:** image001.png, image002.png, image003.png, image004.png, image005.png, image006.png, image007.png, image008.png, image009.png, 2018 Move More 2018 (4).pdf, MasonNeedleworks flyer.pdf, JCPenney Discount Event for Mason Nation.ics, Beginning of the Move More Challenge.ics, Financial Well-being Seminar Building a Better Budget.ics

## Instant HR & Payroll

The new students are officially moved in! Are you ready for the new school year?

Read below for information about a great JCPenney discount event specifically for Mason hosted by University Career Services, CommonHealth's Move More Challenge, an upcoming financial well-being seminar focused on building a better budget, Mason Needleworks, and the department of Executive and Professional Education's program discount.

## Move More Challenge

CommonHealth, the state's Employee Wellness Program, is challenging everyone to incorporate more activity into their day through the Move More Challenge. Participants are encouraged to make moving a top priority, track their activity, and move every day.

**Registration is now open!** Register by visiting [www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov). The challenge begins September 5, 2018, and ends October 3, 2018.

Read the attached flyer for more details. Questions? Contact your agency coordinator, Christina DiCicco, at [cdcicco@gmu.edu](mailto:cdcicco@gmu.edu).

[Learn More](#)

## Financial Well-being Seminar

**Details:** Merten Hall Room 2001, September 19, 12-1 p.m.

Learn how to build a better budget by attending the financial well-being seminar, "Building a Better Budget," led by Dawn Davis from Apple Federal Credit Union.

After identifying short-term, mid-term, and long-term goals, participants will learn:

- How to design realistic spending plans to live within their means
- How to design realistic saving plans to reach their goals
- The different options available for getting and staying out of debt

To register, visit <http://hr.gmu.edu/learning/hr.php>.

The seminar will be video conferenced to Arlington and SciTech.

If you have questions, please contact [benefits@gmu.edu](mailto:benefits@gmu.edu).

Learn More



## Mason Needleworks

Mason Needleworks is a group that meets regularly on the Fairfax campus for stitching and conversation! They welcome all skill levels and types of stitching (crochet, needlepoint, sewing, knitting, etc.). Everyone is welcome to join any or all of the meetings.

**Details:** Meets at noon on the Fairfax campus in the MIX on the dates outlined in the [fall 2018 schedule](#). Contact Hope Miller at [hmille@gmu.edu](mailto:hmille@gmu.edu) with any questions.

Learn More



## JCPenney Discount Event for Mason

University Career Services invites Mason faculty, staff, students, and alumni to a special JCPenney discount event at the JCPenney in **Fair Oaks Mall on September 30, 2018, from 7 p.m. to 10 p.m.**

At this event, with a Mason ID, the Mason Nation receives an **extra 40% off (which can be combined with in-store sales)** on career dress apparel only (suits, dresses, sport coats, dress pants, shoes, and accessories). The store will be open only to Mason students, alumni, faculty, and staff at this time!

No transportation? No problem! University Career Services will announce shuttle times and locations soon - so stay tuned! In addition, if you want to volunteer for the event, please contact Philip Wilkerson at [pwilkers@gmu.edu](mailto:pwilkers@gmu.edu) by September 14, 2018.

You can also find the event on [Facebook](#). If you have questions, please contact University Career Services at 3-2370 or [careers@gmu.edu](mailto:careers@gmu.edu).

Learn More

## Professional Development Discounts

Enhance your workplace productivity as a Mason employee by participating in one of Mason's professional development programs offered through the department of Executive and Professional Education.

### Programs include:

- Project Management
- Cybersecurity
- Facility Management
- Information Technology
- Human Resource Management
- Leadership
- And more!

### Available discounts\* include:

- 50% off programs for full-time Mason employees
- 10% off for spouses and children of full-time Mason employees

For questions and more information, visit <https://execed.gmu.edu>.

*\*Discounts apply for most programs. Please call 703-993-2109 for more details.*

Learn More

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