

**Subject:** Instant HR/Payroll: Physical and Financial Well-Being Sessions and Some Reminders

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### **Physical Well-Being Seminar Series**

September is full of opportunities! HR & Payroll, in conjunction with some terrific partners, have some new sessions in the area of physical well-being including:

- 9/8, noon: Bicycle Commuting 101 with Rick Holt (Fairfax only)
- 9/15, 12:30: Princess Cruises, Well-Being on the Waves; part of Mason Cultural Tours. Your [invitation](#) is available. (Fairfax only)
- 9/16, noon: Get a Grip (Joint Health) with CommonHealth (Videoconferenced)
- 9/22, noon and 12:30: The Power of [Pulses](#) (edible seeds of plants in the legume family, e.g. lentils, chickpeas, etc.), a [Healthy Campus Week](#) event (Fairfax only)
- 9/22, noon: Bicycle Commuting 101 (reprise) with Rick Holt (Fairfax only)

To learn more and to register, please visit the <http://hr.gmu.edu/learning/hr.php>.

### **Financial Well-Being**

#### **Online Webinars**

TIAA is offering live webinars throughout September beginning 9/13 on a number of topics including retirement issues, demystifying life insurance, debt consolidation, and 529 Plans (college savings).

Additionally, TIAA will be holding a special session, "The 2016 Presidential Election and the Economy" on 9/20 from 12-1pm.

For information and to register for these and other online financial education opportunities, please visit the [Financial Well-Being portal](#).

#### **On-Site Seminar Series**

Autumn financial education classes sponsored by HR & Payroll are just a click away! Financial Well-Being programming runs across many different financial topics. On-site classes (videoconferenced to Arlington and Science & Technology) include:

9/15: To and Through Retirement (TIAA)

10/4: Building a Better Budget (Apple FCU)

10/27: Fabulous Finds for Less (Bobbie Merritt, HR & Payroll)

All sessions are at noon and videoconferenced. For more information and to register, please visit <http://hr.gmu.edu/learning/hr.php>.

### **Reminder: A Few Spaces Still Available in the Well-Being Certificate Program**

The Well-Being Certificate Program is designed to help faculty and staff foster their knowledge of the science and practice of well-being, create an individualized plan to enhance their own well-being, & collaborate with others to help build well-being in the workplace. This interdisciplinary 4-session program brings together instructors from the Center for the Advancement of Well-Being, Human Resources & Payroll, Center for Sports Performance, College of Science, Department of Psychology, and the Higher Education Program; it is open to all faculty and staff. For class details & RSVP information, please visit the

[HR & Payroll homepage.](#)

**For Your 9-Month Faculty**

Just a quick reminder for your 9-month faculty who made changes to their health insurance during open enrollment; there will be a reconciliation adjustment on their September 16<sup>th</sup> paycheck to account for any open enrollment selection changes that took effect July 1. If you or your 9-month faculty have any questions, please contact the Benefits Team at [benefits@gmu.edu](mailto:benefits@gmu.edu) or 3-2600.

**Welcome Back Newsletter**

We hope you saw the email yesterday that included our annual Welcome Back Newsletter. It's also available on the [HR & Payroll homepage](#) or directly at <http://hr.gmu.edu/newsletter>.



*Best wishes for a safe and relaxing Labor Day Weekend!*