

Subject: Instant HR/Payroll: Winter Wellness Week (Flu Shots), Faculty-Staff Enrichment Day, Interest Meeting, Financial IQ 2.0, October and November Well-Being Seminars and More!

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Winter Wellness Week Flu Shot Clinics for Faculty, Staff, and Students

Winter will be here in no time. Be prepared. Help keep your family and community healthy this winter and get your flu shot during Winter Wellness Week. Flu shot clinics will be held in Arlington (October 13th from 2-4pm), Science & Technology (October 14th from 12:30-3:30pm) and Fairfax (October 15th from 9-2pm).

For faculty and staff who are enrolled in COVA Care, COVA HDHP, COVA Health Aware, and Kaiser Permanente, flu shots are part of your wellness benefit. Don't have coverage through the university? Student Health Services will be at the clinics offering flu shots for \$25 (staff and faculty) and \$20 (students). For important details and to register, please visit <http://hr.gmu.edu>.

Here's a handy [flyer](#) to share regarding the Winter Wellness Day flu shot clinics.

Please note: Kaiser Permanente will only be on the Fairfax campus this year. Kaiser members can obtain a flu shot off-site. Please see the [2015 Flu Shot Information](#) and scroll to #4 for off-campus options.

Faculty-Staff Enrichment Day: Dive Into Your Strengths on November 10

Do you get the chance to do what you do best every day? At this year's Faculty-Staff Enrichment Day, Dive Into Your Strengths. The keynote speakers include Men's Basketball Head Coach David Paulsen, and leadership and mindfulness expert Laurie Cameron. Breakout sessions will provide strategies for using your strengths in teams, in conflict, to improve your health, and more. Registration opens October 12 at hr.gmu.edu/learning. To take the StrengthsFinder assessment for free, visit <http://wbu.gmu.edu/strengths-academy/>. You must have taken the StrengthsFinder in order to attend.

Interest Meeting: Help Plan "Take Your Kid To Mason Day"

The Working Moms Support Group & Working Dads Group invite you to bring your creativity and enthusiasm to the planning table to help us create a very special type of "Take Your Kid to Work Day" at Mason this spring. We are looking for Mason moms, dads, grandparents, faculty, staff and student volunteers to help plan this fun event. Does your department or office have something unique to offer? What do you wish your children could have the opportunity to experience on campus? Let us know! Tuesday, October 27th at 12:30pm (Fairfax: Merten Hall, 3001; Arlington: Founders Hall, 720; Science & Tech: Occoquan 221).

TIAA-CREF's Financial IQ Challenge 2.0

We are pleased to team up with TIAA-CREF to bring you the newest What's Your Financial IQ Challenge at <https://wyfiq.org/q/GMU/Quiz2>. Through October 31, take this educational challenge to have fun and learn important information about financial planning. Every time you play, you are entered for a chance to win a \$25 Amex gift card. The more you play, the better your chances of winning – so sign on every day! (All responses are confidential.)

October and November Learning Opportunities

Financial and physical well-being education classes are just a click away! On-site classes (videoconferenced to Arlington and Science & Tech.) include:



Physical Well-Being

10/5 at Noon: Joint Health: You Rest, You Rust, Patrice Winter, CHHS

10/15 at Noon: Brain Health as You Age, Christi Clark, Insight Memory Care Center



Financial Well-Being

October

New! 10/12 at Noon: Getting on the Right Path with Your Workplace Savings, Jeff Jones, Fidelity Investments

10/29 at Noon: Transitioning from Career to Retirement, Marilyn Huang, TIAA-CREF

November

11/2 at Noon: Preparing Your Savings for Retirement, Jeff Jones, Fidelity Investments

Rescheduled 11/11 at **11:30**: Income and Estate Tax Considerations, Denise Lambert, TIAA-CREF

11/16 at Noon: Money at Work – Foundations of Investing, Marilyn Huang, TIAA-CREF

For more information on all sessions and to register, please visit <http://hr.gmu.edu/learning/hr.php>.



A Special Offer from CommonHealth

As a gift to you for Moving It, Virginia, CommonHealth has partnered with Virginia State Parks to bring you FREE Parking at Virginia State Parks for the month of October*!

Explore the award winning Virginia State Parks with free parking* for you and your family. The state park system has over 500 miles of hiking trails for you to enjoy, so get out and see the change of seasons at a [VA state park](#) near you.

[Click here to let us know](#) which parks you visit and be entered to win random prize drawings including our GRAND PRIZE – a three night stay in a Virginia State Park Cabin.

Let's Hit the Trails TOGETHER—CommonHealth, Virginia State Parks, and You!

**Valid Virginia State Employment ID Required, valid October 1-31, 2015.*