

Subject: Instant HR/Payroll: Child Development Center Book Fair Underway, HR Liaisons Meeting Planned, Faculty-Staff Enrichment Day Registration Opens October 12, Did You Know? and More!

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Child Development Center Book Fair This Week

You are invited to attend the Book Fair at the Child Development Center! Come by and look through their selection of Scholastic books for children of all ages*. The book fair is open from 7:00am – 6:00pm through October 9 and until noon on Monday, October 12. Share the love of reading with the children in your life!

**A percentage of sales will directly benefit the Child Development Center.*

HR Liaisons Meeting

Save the date for the next HR Liaisons Meeting on Friday, October 23 from 1:00 – 3:00 pm. More information regarding the session will be available soon.

Faculty-Staff Enrichment Day Registration Opens Monday!

Registration for Faculty-Staff Enrichment Day opens Monday, October 12 at <http://hr.gmu.edu/learning/>. Dive into your strengths at this year's Faculty-Staff Enrichment Day on November 10. 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. To take the StrengthsFinder assessment for free, visit <http://wbu.gmu.edu/strengths-academy/>. You must have taken the StrengthsFinder in order to attend. The first 100 to register will be entered into a raffle to win a prize!

Did You Know?

When we hear about cool things at Mason, we like to share them! Did you know ...

- October is National Work and Family Month? See the [NWFM flyer](#) for resources at Mason to help you integrate your work life and your home life.
- There is a [Farmers Market](#) in the JC on Wednesdays from 10:30am-2:00pm beginning October 7?
- All state employees (including Mason faculty and staff) receive [free parking](#) at all Virginia State Parks in October? [Share what park you visited](#) and be entered into a drawing for prizes!
- Mason is in competition with other universities around the nation on how much time we spend outdoors? Want to help? Visit <http://www.oncampuschallenge.org>
- There is a faculty-staff appreciation day at Southside on Friday, October 9? Details on the [Walk 'n Dine flyer](#). Bring a colleague and your Mason ID!
- Alumni Weekend and Family Weekend are being held on the same weekend – October 15-18?

Which means there's a whole lot of cool stuff going on!

- See [Alumni Weekend](#) and [Family Weekend](#)
- Includes the Family Weekend 5K Run/Walk on Sunday, 10/18
- The Center for the Advancement of Well-Being is holding a free resilience workshop for faculty and staff on October 30 from 9am-12pm with Dr. Patricia Jennings of the University of Virginia. Seating is limited; details on the [Workshop flyer](#). Please RSVP at [Event Brite](#).



Happy Heart Walk Awards

Thanks to everyone who came out last week for the 7th annual Happy Heart Walk. Even the drizzly weather didn't dampen everyone's enthusiasm. A special thank you to our Kings and Queens of the Happy Heart Walk. Your support and commitment to wellness inspire all of us -- Beth Cabrera and Brad Edwards (Fairfax), Lori Scher and Rich Kelsey (Arlington) and Carrie McVicker and Ron Carmichael (Science and Technology).

We are delighted to announce that the Happy Heart Team Award will be presented to Science & Technology for fielding the largest team!

The Women's Volleyball Team will receive the Mason Heart of Gold Award for their pizzazz and spirit.

Congratulations to both teams!