

**Subject:** Instant HR/Payroll: Update on the Spring HR Liaison Meeting, Join Us for National Start Walking Day Tomorrow, Take Your Kid to Work Day, and Information on the Dear World Project at Mason

**Date:** Tuesday, April 4, 2017 at 12:15:52 PM Eastern Daylight Time

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### Update on the Spring HR Liaison Meeting

In the March 27 Instant HR/Payroll, we had asked you to “hold the date” for a Spring HR Liaison Meeting on Monday, April 10. That date isn’t going to work well so we’re rescheduling. We don’t have a new date yet but it will likely be later this month. Stay tuned!



### Physical Well-Being Reminder: National Start Walking Day is Tomorrow!

It’s National Start Walking Day tomorrow, Wednesday, April 5 and the weather report has it sunny and 70! We hope you can join us for a lovely spring walk and we have three ways to get involved!

- Noon: Who’s Walking Wednesday – In Fairfax, join Beth Cabrera and Patrice Winter in honor of National Public Health Week. Meet them in the Wellness Circle in front of Merten Hall. In Arlington, meet in Founders Hall lobby at 11:30am.
- 8am-5pm: American Heart Association (AHA) National Walking Day Challenge. We still have slots to fill and hope you can help us! Walk in 15-minute segments with an AHA pedometer. The more steps we log on a single pedometer is good for our health and may put us in the running for some free CPR training. For details and to sign up, please visit the [Mason/AHA Walking Challenge Sign Up](#).
- Anytime: Take a walk on Wednesday anytime and anywhere.

In all three cases, we hope you’ll keep track of your steps/miles and post them, along with a photo, to social media and use #gmu4wellness. Those that use the #gmu4wellness tomorrow will be entered into a drawing for a healthy gift basket.

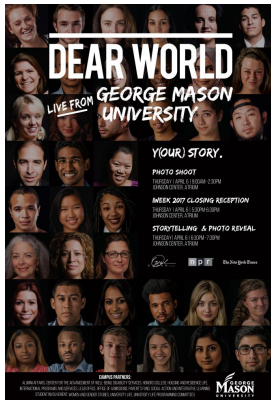


### Community Well-Being: Take Our Daughters and Sons To Work Day 2017, Thursday, April 27, 2017

[Take Our Daughters and Sons to Work Day](#) is on Thursday, April 27. By participating in Take Our Daughters and Sons to Work Day, children get a chance to experience what is required in a job and can understand the challenges of integrating work and family responsibilities. Prepare for the event by talking to your child about your job and your experience working at George Mason University. If you plan on bringing your child to work, please make sure to complete a [release form](#). Looking for ideas for fun stuff to do on campus with

your child? Although there is no formal on-campus programming this year, there are several events occurring around campus like the annual [Victims' Rights Run/Walk](#). You can also go to [Today @ Mason](#) (be sure to select April 27, 2017) for a complete list of activities taking place that day. Don't forget, kids under 10 eat free at Southside, Ike's and the Globe.

If you are interested in helping plan a more formal program for next school year, please email Heather Aleknave at [haleknave@gmu.edu](mailto:haleknave@gmu.edu).



### ***Social Well-Being From Our Colleagues in University Life***

The DEAR WORLD PROJECT is coming to MASON on Thursday, April 6th! On behalf of Mason's Dear World Planning Team, we are very excited to share that Dear World, an internationally recognized storytelling and portrait project, will be visiting George Mason University on April 6, 2017 as part of Mason's International Week.

Dear World has visited college campuses across the nation and has been invited to Mason this April so that the campus community can share meaningful messages as part of the Dear World global social project.

#### Open Photo Shoot Information:

- Thursday, April 6th
- 9:00am-2:30pm
- The open photo shoot will take place on Thursday, April 6th from 9am-2:30pm. We invite you to stop by anytime during that time frame, share your story, and have your photo taken.
- If you are interested in taking part in the open photo shoot, please visit: <http://lead.gmu.edu/dearmason/> so we have an idea of many people to expect.

#### Story Telling and Photo Reveal

- Thursday, April 6th
- 6:30pm-7:30pm
- The Story Telling and Photo Reveal will take place on Thursday, April 6th from 6:30pm-7:30pm, following the iWeek Closing Reception.
- If you are interested in attending the Story Telling and Photo Reveal, please visit: <http://lead.gmu.edu/dearmason/> so we have an idea of many people to expect.

For more information and to RSVP for the Open Photo Shoot and Story Telling/Photo Reveal, visit: <http://lead.gmu.edu/dearmason/>. PLEASE HELP SPREAD THE WORD!

*Instant HR/Payroll note: The George ran a story today on the Dear World Project. You can read it at <https://www2.gmu.edu/news/392361>*