Financial Well-Being Seminar Series → On Site
September financial education classes are just a click away! Financial Well-Being programming runs across many different financial topics. This month, on-site classes (videoconferenced to Arlington and Science & Technology) include:

9/14 at noon: Rebuilding After a Financial Crisis
9/23 at noon: Inside Money: Managing Income and Debt

For more information and to register, please visit http://hr.gmu.edu/learning.

Financial Well-Being Webinars → Live and Online
Beginning 9/16, TIAA-CREF is offering live webinars on a wide array of topics including retirement issues, demystifying life insurance, financial planning for the LBGT community, and 529 Plans (college savings).

The Virginia 529 is also holding a live webinar entitled “Tame the Monster – College Savings Information Session” on September 23 at noon.

For information and to register, please visit the Financial Well-Being portal at http://hr.gmu.edu/benefits/retire/online_resources.php

Physical Well-Being Seminar Series → On Site
In addition to the financial well-being seminar series, HR & Payroll is also offering a physical well-being seminar series this year. This sessions are a combination of learning and practice. Coming up in September:

9/24 at noon: Healthy Cooking Demonstration with Lois Durant, Mason Dining’s resident dietitian. The topic is how to prepare, cook, and enjoy one of the world’s healthiest foods. Wonder what it is? Head out to http://hr.gmu.edu/learning to register and find out!

9/30 at noon: Happy Heart Walk in Arlington, Fairfax, and Science & Technology. This annual fun walk will be led by our fabulous Kings and Queens of Hearts:
- Arlington: Lori Cohen Scher and Rich Kelsey
- Fairfax: Beth Cabrera and Brad Edwards
- Science & Technology: Carrie McVicker and Ron Carmichael
Join us for a little exercise, conversation, and fun! No registration process this year. But we’ll have sign-ups sheets at each walk so we can tally up the participants and give out our two coveted prizes – the Happy Heart Team Award for the largest team and the Happy Heart of Gold Award for the team with the most pizazz. So round up your colleagues, think of a creative team name, and be sure to spread the word.

And don’t forget Healthy Campus Week from September 21-25. Details at [http://wellnessbymason.gmu.edu](http://wellnessbymason.gmu.edu)

**Physical Well-Being Resources from Global Fit → Online**

Global Fit gives you access to fitness center discounts (log-in at [http://mymasonhr.gmu.edu](http://mymasonhr.gmu.edu) and select “myDiscounts” and then “Athletics and the Arts”. They also offer resources and information for healthier living. For September, they have a section on “cultivating fit family habits”. Just in time for the holiday weekend, you can read about a range of family wellness topics including Fitness 101: A Family That Plays Together, Nutrition 101: Family-Focused Tips for Healthy Eating and much more. See it all at [Global Fit](http://wellnessbymason.gmu.edu).

**Welcome Back Newsletter**

We hope you saw the email yesterday that included our annual Welcome Back Newsletter. It’s in a Top 10 Countdown format. We hope you’re enjoying it and finding it helpful. It’s also available on the [HR & Payroll homepage](http://hr.gmu.edu/newsletter) or directly at [http://hr.gmu.edu/newsletter](http://hr.gmu.edu/newsletter).

**For 9-Month Faculty**

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

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