Making Mason Magic: Summer Smooth

Wednesday and Thursday, July 23-24

Heat got you down, have you moved, experienced lots of changes? Now is the time to smooth out those stressors and **focus on your wellness and well-being**. The University has lined up some events to help you manage stress, relax, and enjoy. **Be sure to wear your Mason Gear** both days and **show your Patriot Spirit**! Please check with your supervisor and make sure offices are covered. A reasonable amount of time is considered work time for personal and professional development.

**Wednesday, July 23**

Raffles!

- Classified staff are automatically entered into a random drawing for **1/2 day recognition leave opportunities.**
- **Bookstore discount coupons at all of the events.**

**12:00 Who’s Walking Wednesday? Dr. S. David Wu Is!!**

Wellness Circle in front of Merten Hall (formerly University Hall)

A 30 minute walk led by our new Provost Dr. S. David Wu

Stop by Einstein’s if you’ve walked with Dr. Wu for a complimentary Mini-Mason Smoothie courtesy of Mason Dining!
Making Mason Magic: Summer Smooth

Wednesday, July 23  continued

1:00  20 Ways to De-stress at Your Desk*—Online webinar with Lori Ann Roth and Robyn Madar

Available to all Mason faculty and staff but you must register at http://hr.gmu.edu/learning to receive call-in information

1:00-3:00  Ice Cream Break—Faculty and staff can enjoy a cool treat from some special guest ice cream servers (while supplies last). Please bring your Mason ID.

Locations: Merten Hall and Robinson A and B (under the trees)

1:15  Join the children of the Child Development Center for a charming serenade at Merten Hall.

Coming Soon! Watch for a “Taste of the CDC”, 250 recipes from the heart of Mason’s Child Development Center.

2:00  Breathe Easy*: Desk Exercises for Wellness with Patrice Winter

Location: Merten Hall, Room 3300

3:00  How to De-Stress Your Life Through Music*, an interactive performance with Dr. Linda Monson

Location: Harris Theater

* Register for all starred sessions at http://hr.gmu.edu/learning (click on Course Calendar)
Making Mason Magic: Summer Smooth

Thursday, July 24

12:00 Yoga for Well-Being with the Center for the Advancement of Well-Being
Johnson Center, Dance Studio (ground floor)

12:00 Life Planning Seminar: Design Me a Work Out with Mason Recreation’s Ethan Carter
Location: Merten Hall, Room 1201
Register for this session at http://hr.gmu.edu/learning (click on Course Calendar)

2:00 Knit-Palooza: Join the fun as Mason Needleworks plans its first Yarn Bomb* otherwise known as random acts of beauty —We need your help to make it happen! Stop by, no registration or knitting experience needed.
Location: Merten Hall, Room 4101 (Inside HR & Payroll)
*What’s a Yarn Bomb?
http://content.time.com/time/photogallery/0,29307,2077071,00.html

Thank you to all our colleagues who make the magic happen at Mason. These events wouldn’t be possible without you!
Wednesday, July 23 in Loudoun and Front Royal

Loudoun

12:00 An Hour at the “Beach” - Relaxation with Kathy Haldeman

1:00 Informal walk on campus

1:00 20 Ways to De-stress at Your Desk—Online webinar with Lori Ann Roth and Robyn Madar

Available to all Mason faculty and staff but you must register at http://hr.gmu.edu/learning to receive call-in information

Front Royal

1:00 20 Ways to De-stress at Your Desk—Online webinar with Lori Ann Roth and Robyn Madar

Register for both sessions at http://hr.gmu.edu/learning

(Click on Course Calendar)
Your Well-Being: Front and Center

Arlington Campus: Summer Social

Monday, July 28

12:00  A Day Away from Stress with Amy Moore from CommonHealth

   Location: TBD

1:00-3:00 Summer Social—Join the Arlington Campus community for this annual event. Enjoy games, ice cream, and raffle prizes.

Register for the CommonHealth session at http://hr.gmu.edu/learning

(Click on Course Calendar)

Thank you to all our colleagues who make the magic happen at Mason. These events wouldn’t be possible without you!
Prince William Campus:

Tuesday, August 12

12:00 - **A Summer Social** in the lobby of Bull Run Hall will feature ice cream and other treats mixed with fun.

12:00 to 12:30 p.m. — **A Gentle Yoga class** at the Freedom Aquatic and Fitness Center’s Yoga Studio 218 is free to Mason employees with an identification card.

12:30 p.m. — Sign up and pick up a registration packet for the second annual **Prince William Team Trivia Contest**, back by popular demand! The contest begins at 1 p.m. in the lobby of Bull Run Hall. Partner with folks from your department or make new friends for a team of two to five people.

1:30 to 2 p.m. — **Gentle Yoga** is back at the Freedom Center’s Yoga Studio 218; free to all Mason employees with an identification card.

*Thank you to all our colleagues who make the magic happen at Mason! These events wouldn’t be possible without you!*