Details: March 27, 12:15 p.m., in front of Merten Hall

Start off Spring Into Well-Being on the right foot by putting some “spring” into your step! Join Lewis Forrest, Associate Dean for University Life, for a special Who’s Walking Wednesday.

Can’t join this Who’s Walking Wednesday? Check out other Spring Into Well-Being events on the Spring Into Well-Being event page and join the well-being fun!

For questions, please contact worklife@gmu.edu.

Spring Into Well-Being, an annual celebration of well-being at Mason, is March 20 through April 19, 2019! Spring Into Well-Being highlights Mason programs and events that support the dimensions of your well-being. These events are open to the Mason community and aim to help support a life of vitality, purpose, resilience, and engagement.

Check out the many events happening during the month! Use the hashtags #SIWB and #ThrivingTogether to show us how you are springing into well-being.

Learn more about Mason’s Well-Being University Initiative on their page. For questions, please contact the Center for the Advancement of Well-Being at 703-993-6090 or cwb@gmu.edu.
Annual Victims’ Rights Run/Walk

**Details:** April 11, in front of Merten Hall, at noon

Each April for the past 23 years, University Life departments, Mason Athletics, Mason Police, and community sponsors have honored the life and legacy of former student athlete, Aimee Willard, with the annual Victims’ Rights Run/Walk 5k. The Victims’ Rights Run/Walk is an interactive way to learn about all types of violence and raise money for a great cause.

Visit [the Victims’ Rights Run/Walk page](#) for more information about Aimee, to sign up, and to donate to the cause.

“Pool Party”

**Details:** Noon to 1 p.m., April 2, Corner Pocket on the Fairfax Campus

From our friends at Parking and Transportation: Are you looking to drive less, save more money, and help the environment? Come to a car/vanpool “Pool Party” to learn about your options, meet people who may be commuting on a similar route, and enjoy some free food!

For details and to register, visit [the Parking and Transportation website](#). For questions, contact Parking and Transportation at 703-993-2828 or [transpo@gmu.edu](mailto:transpo@gmu.edu).

Discounts for Kids Summer Camps
From our friends at Mason Community Arts Academy: As Mason faculty and staff members, you and your family are eligible for a 10% discount on summer arts camps through Mason Community Arts Academy! Part of the College of Visual and Performing Arts, the Academy presents summer camps for ages 5-18 in music, acting, art, film and video, and photography. Camps start June 17 and go through August 16.

To claim your 10% discount, enter coupon code MASON10% during registration. If you register before April 1, you can get an additional $10 off using Coupon Code EARLYBIRD19. Discounts do not apply to the Residential program or Teacher Training programs.

To see the full schedule, visit the Mason Community Arts Academy website. For questions, please contact Mason Community Arts Academy at 703-993-9889 or academy@gmu.edu.

For a legend of the header icons, visit the Instant HR & Payroll legend page.

Human Resources & Payroll
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