Physical well-being is an important aspect of how we thrive. To aid in this, we are launching a new initiative for faculty and staff called, Let’s Move, Mason! This initiative is designed to get you moving throughout your day in a convenient way that is possible for you. Need some ideas on how to get moving? Check out the attached flyer!

With the addition of this new initiative, “Who’s Walking Wednesday?” is getting a new look and title! Now called, “We’re Walking Wednesday,” instead of weekly walks, this event is changing to a monthly timeframe. Take a walk on campus on the first Wednesday of every month at noon with your campus colleagues! If you would like to lead one of the 12 walks throughout the year starting in January 2020, please sign up here. You do not need to wait for the monthly We’re Walking Wednesday to take a walk on campus! We encourage you to get moving in any way you can and want to throughout your day, and that includes getting a walk in on any day of the week.

Don’t forget to show us your moves! Tag Human Resources & Payroll (@GMUHRandPayroll) on Facebook, Twitter, and Instagram. Be sure to use the hashtag #LiveWellMason.
Information Technology Services (ITS) would like to remind Mason faculty, staff, and students to turn off non-essential devices, including computers, servers, printers, and monitors, before leaving for winter break.

ITS advises using caution when responding to emails and phone calls from unknown individuals or companies. Cybercriminals increase attempts to compromise computers and steal personal information during the holidays.

Be on the lookout for fraudulent emails requesting immediate action, containing misspelled words, or asking for your username/password. If an email contains links, verify the links match the URLs by hovering the mouse over it.

If you have questions regarding holiday cyber safety, the ITS Support Center will be open until 5 p.m. on Friday, December 20.

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

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