George Mason University

HEALTHY CAMPUS WEEK

September 23-27, 2019

Register for sessions on masonleaps.gmu.edu.

**Workday Workouts**
11:00am-12:00pm
Merten Hall, 1201

**Getting Your Zzz**
2:00pm-3:00pm
Merten Hall, 1201

**Mindful Tuesday**
12:00pm-12:45pm
Johnson Center, 234

**Power of Positive Thinking**
2:00pm-3:00pm
Research Hall, 163

**Happy Heart Walk**
12:00pm-1:00pm
Merten Hall Lawn

**Long-Term Care Options**
1:00pm-2:00pm
Merten Hall, 1201

**Managing Strong Emotions**
12:00pm-1:00pm
Merten Hall, 1201

**Maximizing Your Day**
2:00pm-3:00pm
Johnson Center, 311D

**Build a Better Meal**
12:00pm-1:00pm
Johnson Center, 311D

*All sessions will be available on the Arlington & SciTech campuses via Webex, with the exception of Mindful Tuesday & the Happy Heart Walk.*
NOT ON THE FAIRFAX CAMPUS?
JOIN THE SESSIONS ON WEBEX!

Monday, 9/23

Workday Workouts
Arlington: Van Metre Hall, B119
SciTech: Katherine G. Johnson Hall, 254
Meeting number: 642 952 162

Getting Your Zzz
Arlington: Van Metre Hall, B119
SciTech: Katherine G. Johnson Hall, 254
Meeting number: 640 125 655

Tuesday, 9/24

Power of Positive Thinking
Arlington: Van Metre Hall, 720
SciTech: Colgan Hall, 221
Meeting number: 642 482 259

Wednesday, 9/25

Long-Term Care Options
Arlington: Van Metre Hall, B119
SciTech: Colgan Hall, 221
Meeting number: 643 572 517

Managing Strong Emotions
Arlington: Van Metre Hall, 720
SciTech: Colgan Hall, 221
Meeting number: 641 729 927

Maximizing Your Day
Arlington: Van Metre Hall, 720
SciTech: Katherine G. Johnson Hall, 254
Meeting number: 640 455 767

Thursday, 9/26

Getting Your Zzz
Arlington: Van Metre Hall, B119
SciTech: Katherine G. Johnson Hall, 254
Meeting number: 640 125 655

Friday, 9/27

Build a Better Meal
Arlington: Van Metre Hall, 720
SciTech: Katherine G. Johnson Hall, 254
Meeting number: 647 339 455

Questions? Contact worklife@gmu.edu