



## Start Fresh in September



### Smart Markets returns to Mason

#### Every Wednesday, starting September 1

Smart Markets is the newest arrival to the farmers' market scene in Northern Virginia, providing locally grown fruits and vegetables, locally raised meats and poultry, and local foods from breads and cheeses to salsa and sausage. You will find Windmill Meadows Meats & Dairy, Tyson's Orchard, Staff of Life Breads, Tommy V's Salsa and more at Smart Markets. For additional information, please visit

[http://hr.gmu.edu/announcements/gmu\\_flyer\\_print.pdf](http://hr.gmu.edu/announcements/gmu_flyer_print.pdf)

### The Care for the Caregiver Support Group

The group will meet on **Wednesday, September 8, 12:00 - 1:00 PM** in Mason D5. We are in the process of assessing the support group meeting model for 2011. If you have ideas or suggestions, please email [ecare@gmu.edu](mailto:ecare@gmu.edu).

### TWO NEW CLASSES for Faculty and Staff

#### Sponsored by The Center for Consciousness and Transformation:

#### Tai Chi Class - On Tuesday beginning September 7, 12:00 - 12:45PM

This introductory class is offered for those interested in exploring this mind-body connection practice. No experience necessary. For additional information, including session locations please visit

<http://hr.gmu.edu/announcements/taichifyer.pdf>

#### Meditation Class - On Thursday, beginning September 9, 12:30 - 1:15 PM

Explore the art and practice of meditation. Each session includes some instruction and some practice. The benefits of meditation include improved focus, concentration, stress relief, heightened creativity, ability to "be present," peace of mind and more. No experience needed. For additional information, including session locations please visit

<http://hr.gmu.edu/announcements/medflyer.pdf>

### Commuter Challenge: Mason vs. University of Maryland

Going Car Free, or Car Lite, is the focus of the Fall Commuter Challenge between Mason and the University of Maryland from **Wednesday, September 22 through Friday, October 22**. The purpose of the challenge is to encourage faculty, staff and students to try out alternate modes of transportation and reduce the number of trips traveled alone by car over a four week competition. Starting on September 22, International Car Free Day, the two universities will be competing to see how many people will make the choice to try alternate ways to get to campus other than driving alone. Look for additional details as they are available at

<http://transportation.gmu.edu>

## **2<sup>nd</sup> Annual Happy Heart Walk: All Campuses**

**Wednesday, September 29, 12 NOON** Join us for a one mile walk to be held simultaneously on the Fairfax, Arlington, and Prince William campuses. Why do it? Exercise is the key to a happy heart, it's an opportunity to connect with friends & colleagues, and it's fun. Watch <http://wellnessbymason.gmu.edu> and eFiles for details.

## **Support Your College Age Student**

**Thursday, September 30, 2010, 12 NOON, SUB II, Room 6**

Join Katie Murray, Assistant Director, Family Programs and Services, Orientation, Family Programs & Services as she addresses the challenges facing parents of college age students. Hear from other parents to gain insight and share your ideas. Please feel free to bring your lunch. Hosted by the Parent Support Group. For information, contact Heather Aleknaveg [haleknaveg@gmu.edu](mailto:haleknaveg@gmu.edu) or Janet Walker [jwalker8@gmu.edu](mailto:jwalker8@gmu.edu). Register at <http://hr.gmu.edu/training>.

## **CommonHealth: Outdoor Adventures – Free Training for Your Department**

CommonHealth's quarterly program through the end of September is "Outdoor Adventures". Amy Moore, Mason's CommonHealth regional coordinator, shares tips and suggestions to keep you safe and enjoy the great outdoors. Check the CommonHealth website for more information at <http://commonhealth.virginia.gov/>. To bring Amy to your department please call Bridget Peabody in HR & Payroll Training at 3.6764.



## **REMINDER: Keep Mason #1! Submit Your Idea to Raise the Rate**

**Mason's in the lead but Utah State is close behind!** Share your savings ideas for a chance for you and Mason to win. **September 20 is the deadline for submissions**, for additional information, please visit <http://raisetheratecontest.org>

## **HOLD THE DATE: Alumni Weekend, October 1- 3, 2010** Enjoy a weekend full of festivities.

View the schedule of events at <http://alumni.gmu.edu/alumniweekend/schedule.html> Many of the activities are free. For more information, and to register visit <http://alumniweekend.gmu.edu/>

## **HOLD THE DATE: Mason Dining is sponsoring a Whole Grains Challenge** during the month

of October in conjunction with the Whole Grain Council. For information please visit

<http://hr.gmu.edu/announcements/WholeGrainsChallenge.pdf>

Questions? Contact Lois Durant, MS.RD at [ldurant1@gmu.edu](mailto:ldurant1@gmu.edu) or 3.3283.

## **Incorporate Wellness Days into Your Daily Routine**

<http://wellnessbymason.gmu.edu/docs/Theweek.pdf>



## **Wellness by Mason**

**Live Well, Age Well; No Matter Your Age**

<http://wellnessbymason.gmu.edu>