



## 6th Annual Happy Heart Walk



**Faculty, Staff &  
Students  
Wednesday  
September 24, 2014  
12 Noon**

### Why do it?

- Exercise is the key to a happy heart
- Join colleagues on a campus walk
- Win the coveted Happy Heart Award for the largest team



### University-Wide Walk

**Mason walks together! We hope you'll join us. Meet up at:**

**Arlington: on the plaza outside Founders Hall with Lori Scher and Rich Kelsey**

**Fairfax: in the Wellness Circle in front of Merten Hall with Beth Cabrera and Brad Edwards**

**Prince William: in the lobby of Bull Run Hall with Ron Carmichael and Carrie McVicker**

**Register at:**

**<https://typhon.gmu.edu/HR/happyheart/>  
or just come on by and bring a friend!**



**A Wellness by Mason Event**