



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