

Healthy Campus Week

September 25-October 1, 2017



Make the Healthy Choice the Easy Choice!



Date	Time	Event	Sponsored by
Monday, 9/25	Noon	Think About It (Brain Health)	CommonHealth
Tuesday, 9/26	Noon	Mindfulness Practices for the Mason Community	College of Humanities and Social Sciences, University Life, Human Resources & Payroll, and the Center for the Advancement of Well-Being
Wednesday, 9/27	Noon	Annual Happy Heart Walk	Wellness by Mason
Thursday, 9/28	11am-1pm	Healthy Cooking Demonstration	Mason Dining
Friday, 9/29	4-5:30pm	Guided Tour through the Edible Gardens on Campus	Office of Sustainability
All Week (ongoing, before and after HCW)	Anytime	Share Your Well-Being Story	Center for the Advancement of Well-Being
	Anytime	Move to Improve Challenge	Partnership for a Healthier America, Charity Miles, and Meredith Publishing
	Anytime	Financial Well-Being Portal (online webinars)	Human Resources & Payroll and Mason's financial partners
	Anytime	Outdoor Nation Campus Challenge	Outdoor Nation and Mason Recreation

For locations, details, and other wellness events happening in September, visit <http://wellnessbymason.gmu.edu>