

**Faculty, Staff &
Students**
HOLD THE DATE!
Wednesday
September 25, 2013
12 Noon

**5th Annual
Happy Heart
Walk**



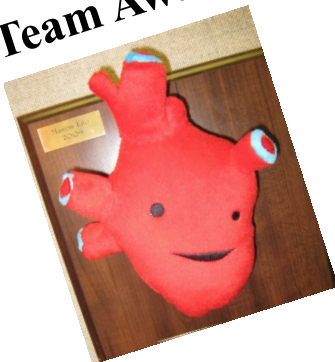
Campus-Wide Walk

**Team up and join us for a
one mile walk to be held
simultaneously on the
Arlington, Fairfax and
Prince William campuses.**

Why do it?

- Exercise is the key to a happy heart
- Win the coveted Happy Heart Award for the largest team

Team Award



Watch eFiles

**wellnessbymason.gmu.edu and
[Facebook.com/wellnessbymason](https://www.facebook.com/wellnessbymason)
for details!**

Faculty/Staff: Do you have COVA Care, HDHP or HealthAware? Check out biometric screening opportunities before, on, and after 9/25. Details at <http://hr.gmu.edu>



A Wellness by Mason Event