



# March & April

## Spring into Wellness



### Life Planning Seminar Series:

**Stay Motivated and Meet Your Goals, March 24, 12:00 to 1:00 pm, in Research I, 161**

New Year's resolutions were made 2 months ago. How are you doing on meeting those goals for 2011? Have you lost motivation or started to fall back? If so, join Wendi Carroll, a National Certified Counselor and member of the Work/Life team and learn how to get yourself back on track and reach your goals! You CAN do it!

**What's Normal – What's Not: The Art of Aging, April 21, 12:00 to 1:00 pm, in Research I, 163**

The session will be teleconferenced to Arlington and Prince William Campuses. Our bodies begin to age at age 20. Patrice Winter, a physical therapist and a member of the Work/Life team will address the five senses of the body. What changes are normal? When should we seek a medical opinion? How can we "pay it forward" and make better choices to age well. Please feel free to bring your lunch to these sessions. For more information and to register, please go to <http://hr.gmu.edu/training/> and click on "Courses".

### Home Safe Home Program



The **Home Safe Home program** is offered by CommonHealth through May 31, 2011. Most of us would agree that there is no place quite like home. Home is where we retreat after a long day at work to relax, unwind, replenish our bodies nutritionally and get some much needed sleep. But, are we sure that our homes are as safe as possible? If a fire were to break out in your house tonight, are you confident that you would know how to get out and where to meet family members? When was the last time you emptied your pantry and refrigerator to make sure all your food is safe to eat? Check the [CommonHealth website](http://www.commonhealth.gmu.edu) for more information. Call Bridget Peabody in HR & Payroll Training at 3.6764 or email [bpeabody@gmu.edu](mailto:bpeabody@gmu.edu) to bring this program to your department.

### Bike to Campus Day

**Thursday, March 24, 12:00 – 1:30 pm** at the Johnson Center North Plaza by the clock tower, join us to learn about Mason's Bicycle Commuter Program, the Mason Bike Village and bicycle collective. Network with other bicycle commuters (learn their tips and tricks). Enjoy some snacks when you stop by the table to talk with the Transportation Department staff about alternative transportation initiatives. Go to <http://transportation.gmu.edu/BikeToMason.html> for more information regarding monthly Bike to Mason Days, the Mason Commuter Program and the Bicycle Commuter Benefit.

### The Health Fitness Expo

Join us, **Thursday, March 31, 10:00 am – 4:00 pm** at Fairfax in the JC Dewberry Hall and at **Prince William, Thursday, April 7, 10:00 am – 2:00 pm** in Bull Run Hall for the Health Fitness Expo. University Life, in partnership with Kaiser Permanente and Aetna Student Health, is sponsoring the 15th Annual Health & Fitness Expo. Community and on-campus exhibitors will provide health information on topics such as nutrition, exercise, stress management, alternative

therapies, and healthy self-care practices. The Expo will feature interactive health education activities, participatory demonstrations, health screenings, fitness instruction, and physical challenges. Stop by to learn fitness techniques from *Breakthrough Training*, cheer on teams in the Mason Top Chef cook-off, or practice some yoga with the *Aquatic and Fitness Center*.

Health Care Providers offer the following health screening opportunities at the Health and Fitness Expo: Cholesterol, Blood glucose, Blood pressure, Vision, Body Mass Index, Osteoporosis, Oral, rapid HIV testing. For more information contact Carol Filak in Student Health Services at 703.993.2831.

## **Mason Miles 5K RUN/2Mi WALK**

**Thursday, March 31, 12:00 – 1:00 pm** join the 5K RUN/2Mi WALK at Prince William Campus and from 1:00 – 3:00 pm come to the Open Climb on The EDGE course at Prince William. For more information, please contact Tanya Ballestrini at [tballest@gmu.edu](mailto:tballest@gmu.edu).

## **April is Distracted Driving Awareness Month**

Already this year, tens of thousands of car crashes have been caused by people using their cell phones while driving. That call or text may not be worth the risk. Distracted driving includes when you take your eyes off the road to tend to children, pets or to program the GPS. To raise funds for distracted driving education, DRIVE SMART Virginia and Allstate have partnered to sponsor a 5k race in West Creek Business Park, Richmond, VA on April 9. Find out more at their website <http://www.rrrc.org/events/allstatedrive-smart-va-5k> In addition, GEICO has partnered with Kale Running so that proceeds of The Dismal Swamp Stomp ½ Marathon in Chesapeake, VA will go to future education and outreach campaigns. For more information, visit their website <http://dismalswampstomp.kalerunning.com/index.html> Remember to practice safe driving habits all the time. DON'T DRIVE WHILE DISTRACTED.

## **The Commuter Challenge in April**

The Commuter Challenge is a month long competition during April. The competition is between universities and there will be a competition within the Mason community. The Commonwealth Commuter Choice Program allows full-time state employees up to \$230 per month to commute by public transit or van-pool. It is a state paid, tax-free benefit. For more information, go to <http://transportation.gmu.edu/commuterchoice.html>

## **Safe Bicycle Commuting Lunch & Learn**

**On Thursday, April 14, from 12:00 – 1:00 pm**, the Safe Bicycle Commuting Lunch & Learn will be presented by Bruce Wright, chairman of Fairfax Advocates for Better Bicycling (FABB) and a League of American Bicyclists certified instructor. Sponsored by the Mason Bicycle Friendly University initiative, the training will be open to faculty, staff and students.

## **Bike to Mason Day**

**On Thursday, April 21**, ride your bike to Mason and from 7:00 – 10:00 am, join us at Johnson Center Plaza North for coffee, juice, fruit and muffins, complements of Mason Transportation. For more information, go to <http://transportation.gmu.edu/BikeToMason.html>

## **Bring Your Child to Work Day**

**Thursday, April 28**, with prior approval from your supervisor, consider participating in the Mason's *Take Our Daughters and Sons to Work Day*. This annual event is sponsored by the Ms. Foundation for Women. The theme is "A New Generation at Work." From the

[Foundation website](#): "[Sharing with] girls and boys ... what a parent or mentor in their lives does during the work day is important, but showing them the value of their education, helping them discover the power and possibilities associated with a balanced work and family life, providing them an opportunity to share how they envision the future and begin steps toward their end goals in a hands-on and interactive environment is key to their achieving success."

While we won't be engaging in a formal university-wide programmed event, HR & Payroll encourages everyone to think about ways to bring the world of work into the lives of young people. The [Foundation Website](#) can help with some fun and thought provoking activities that you can engage in with the children in your lives. If you plan on holding an event on the 28th at a Mason location, please obtain a [release](#) from those parents/guardians who will be inviting children into the workplace.

## **LOOK FOR MORE INFORMATION COMING SOON:**

### **15<sup>th</sup> Annual Victims' Rights 5K Run & Walk**

#### **IN COLLABORATION WITH THE AIMEE WILLARD ENDOWMENT SCHOLARSHIP FUND**

On **Friday, April 15**, join us for a George Mason University tradition. The proceeds of this event go to support the George Mason University Victims of Violence Fund and the Rape Aggression Defense (RAD) Program. Enjoy a fun fitness run and walk along with a celebration of local vendors and sponsors. Come out and support an important cause. Mason's Victims of Violence Fund, is administered by [Sexual Assault Services](#) and provides direct assistance to student survivors of sexual assault, stalking, and dating/partner violence. Your involvement in this event makes it possible to fund these two important programs, while promoting and defending victims' rights. The event is sponsored by: GMU Police, Army ROTC, Intercollegiate Athletics & Patriot Club, & Sexual Assault Services. More information will be coming soon.

## **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>