



Wellness by Mason

Celebrating Mason's



## Wellness Calendar of Events

### November 2011

1 - [Seasonal Flu Shot Clinic](#) - Sponsored by Student Health Services on the Fairfax Campus.

3 - Flu Shots sponsored by HR and Payroll will take place on the Arlington Campus from 3:00-5:30pm in Founders Hall Multipurpose Room (COVA and Kaiser). For details please visit [Human Resources and Payroll - Flu Shot Information](#)

5 - American Heart Association Heart Walk, Nationals Park, DC, 8:30 am - Join the Mason team by visiting the [Heart Walk](#) site. Select "Find a company" from the left-hand menu and then go to College Cup - George Mason University.

8 - 10:00 am - 3:00 pm, You can save a life by joining the Be the Match Marrow Donor Registry (simple cheek swab), by making a donation, or simply learning more about this program which is saving lives for people worldwide who are in dire need of a marrow transplant. JC Meeting Room C. Learn more <http://www.marrow.org>.

8 - 7:30-9:00 pm, Can I Kiss You? This presentation combines humor and role play situations to give students a new perspective on the dating game. Dewberry Hall.

9 - 12:00-1:00 pm and 4:00-6:00 pm, Free health screening for full and part-time students and all other members of Mason Recreation. Aquatic and Fitness Center. First come, first serve. You will leave with peace of mind and information to cultivate a healthier life. Stop by the Fitness office, sit down for the Blood Pressure reading, shake hands with our hand held body composition device, and chat with our Fitness staff. This definitely will not take the place of a physical, but can give you an idea of where you stand.

10 - Life Planning Seminar\* : Want to Quit Smoking? Learn the skills and techniques that have been proven to help smokers quit.

14-19 Hunger and Homeless Action Week

17 - Great American Smoke Out - Take that step; make this the year that you kick the habit. Visit the JC Kiosk C (students) and Kiosk G (faculty/staff) from 10:00 am - 2:00 pm for information to help you!

17 - Life Planning Seminar\* : How Not to Gain 10 Pounds Over the Holidays. learn how to eat your favorite foods during the holidays and maintain your weight.

28-Dec. 3 - HIV Awareness Week

\* Register at [HR Learning](#); click on the courses tab. Videoconferenced to Arlington and Prince William



Wellness by Mason