Wellness by Mason

Celebrating Mason’s

Wellness Calendar of Events

October 2011

- **Whole Grains Challenge** – Put more whole grains in your diet. Get your team together and take the challenge! Sponsored by Mason Dining.

- HIV/AIDS Awareness Month and **Breast Cancer Awareness Month**
  Learn more at events all month long sponsored by the Office of Alcohol, Drug & Health Education.

1 - Challenge yourself October 1-15 with the Ecochallenge through the Northwest Earth Institute; pledge to promote sustainability with the Mason team (Team Green and Gold) [EcoChallenge 2011 Information](#) and [Register to Participate](#) using:
  Team Name: Green & Gold
  Key: U7Dw6uW6

2 - **Walking for Haiti** – Alumni Weekend Event on the Fairfax Campus

3 - Turn Off the Violence Week – A calendar of events is available at **Sexual Assault Services**

4 - Life Planning Seminar: Breast Cancer Awareness → for more details and to register visit [Life Planning Seminar](#)

6 - **Seasonal Flu Shot Clinics** - Sponsored by Student Health Services on the Arlington and Fairfax Campuses

12 - Bike to Campus Event, details at the [Transportation Biking Page](#)

12 - **Seasonal Flu Shot Clinic** - Sponsored by Student Health Services on the Fairfax Campus
October 2011

13 - **Seasonal Flu Shot Clinic** - Sponsored by Student Health Services on the Prince William Campus

16 - National Collegiate Alcohol Awareness Week ➔ learn more about the effects of alcohol and binge drinking effects. Events all week sponsored by the Office of Alcohol, Drug & Health Education

18 - **Seasonal Flu Shot Clinic** - Sponsored by Student Health Services on the Arlington Campus

19 - **Sustainability Living Roadshow** is at Mason! Learn about living sustainably from this traveling group of educators and entertainers on the Johnson Center North Plaza.

19 - Film “With My Own Two Wheels”; details at [Today@Mason](#)

- 11:00 am Prince William, Verizon Auditorium
- 3:00 pm Fairfax, Dewberry Hall North
- 7:30 pm Arlington, Founders Hall Auditorium

19 - Life Planning Seminar: GET MOTIVATED: How to achieve your goals and have fun doing it! For info and to register visit [Life Planning Seminar](#)

21 - Flu Shots sponsored by HR and Payroll will take place on the Prince William Campus from 11am-1pm in Occoquan, 110A for (COVA) and Occoquan, 110L for (Kaiser). For more info visit [Human Resources and Payroll - Flu Shot Information](#)

26 - Flu Shots sponsored by HR and Payroll will take place on the Fairfax Campus from 9am-4pm in the JC, Gold Room for faculty and staff as part of their benefits package (COVA only). For details please visit [Human Resources and Payroll - Flu Shot Information](#)

27 - Breastival – 11:00 am to 3:00 pm at the Johnson Center, North Plaza on the Fairfax Campus. Information on breast cancer awareness. There will also be games, food and prizes. The event is free.

28 - Flu Shots sponsored by HR and Payroll will take place on the Fairfax Campus from 11am-2pm in University Hall, 3300 (COVA) and in University Hall, 5300
Wellness Calendar of Events  
(Continued)

(Kaiser). For details please visit Human Resources and Payroll - Flu Shot Information

30 - Jeepers! Creepers! 5K Run/Walk - Sponsored by Leadership Prince William and held at the Freedom Center. The fun starts at 8:30 am. Details and registration at Jeepers! Creepers!

Coming in 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

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