



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

Wellness Calendar of Events (Continued)

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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