

June 2025

PROACTIVE HEALTH & SAFETY

Maintaining Wellness



One of Facilities & Campus Operations (F&CO) key missions is preventative maintenance of the buildings we sustain on all three George Mason campuses. Like the efforts we put into university building health and safety, we champion our team members to have the same level of nurturing of their own good **mental and physical health**.

This month, we focus on maintaining our health and safety through different sessions of preventative wellness.

Check out the schedule below for a list of session dates and times.

Remember to REGISTER for all those you're interested in.

MASON SQUARE

Wednesday, June 18, 2025

10AM - 11AM | CPR/AED Training

Van Metre Hall 308

11AM - 12:30PM | Stop the Bleed

Van Metre Hall 308

1PM - 2PM | General Wellness

Sessions last about 15 minutes per person

Van Metre Hall 308 & 318

Wednesday, June 25, 2025

8AM - 9AM | Routine Preventive Maintenance (RPM)

Sessions last about 30 minutes

Van Metre Hall 308

9:30AM - 10:30AM | Back on Track

Sessions last about 30 minutes

Van Metre Hall 308

11AM - 12PM | Recharge

Sessions last about 30 minutes

Van Metre Hall 308

12PM - 12:30PM | Open Q&A

Van Metre Hall 308



Scan here to for more information and to register!
go.gmu.edu/FCOwellness

For any questions or edits to your session selections, email fachrr@gmu.edu.

PROACTIVE HEALTH & SAFETY

We focus on maintaining our health and safety through different sessions of preventative wellness.

Registration is required due to limited space capacity.

Sessions included:



CommonHealth: Routine Preventive Maintenance

Hit the road to health and wellness with tips and information on employee benefits that can help us thrive in five key areas: medical, physical, emotional, financial, and occupational.



CommonHealth: Back on Track

A session on general spine health and the ergonomics for skilled trades, such as hand ergonomics with tools, while also expanding on back safety and lifting practices.



CommonHealth: Recharge

Have you noticed that you get enough sleep, but you're still not feeling rested? Sleep and rest are not the same thing, and sleep doesn't provide all of the different kinds of rest we need.



CPR/AED Training

Learn the fundamentals of responding to a cardiac emergency by performing hands-only CPR, and how to operate an AED.
English (with Spanish assistance)



Stop the Bleed

Teaches participants how to provide first aid for large volume bleeding and use a tourniquet.
English (with Spanish assistance)



General Wellness Checks

F&CO employees will be able to participate in one-on-one sessions checking the following:

- Blood pressure check
- Vision test
- Finger Stick Rapid Cholesterol test and Glucose check for diabetes screening

BIG Thanks to Our Partners: CommonHealth and George Mason's Employee Health & Well-Being Team!