

HEALTHY YOU: FALL 2017

Boston College continues HEALTHY YOU with NEW programs, seminars, and incentives designed to support you on your path to greater health and well-being.

20/20 On-Site Vision Van

November 28 & 29, 2017 | Brighton Campus
December 4 - 6, 2017 | Chestnut Hill Campus

20/20 On-site delivers comprehensive eye exams via independent optometrists in its state-of-the-art mobile vision centers. Online appointment booking will be available in November. More dates to come in Spring!

Meditation and Mindfulness Programs

Open-Ended Weekly Meditation Groups

These groups provide basic instruction and regular opportunity to practice meditation/mindfulness. Participants benefit from insight and support to establish a home practice. Participants are not required to attend every session. Register by contacting Pat Touzin at x2-3340 or touzin@bc.edu.

Sessions will run weekly from September 12–December 20.
Tuesdays, Chestnut Hill Campus: 12–1 p.m., Bluhm Library, Lyons 201E

Wednesdays, Brighton Campus, 12–1 p.m., Theology and Ministry Library, 117 Lake St., Ryan Room

Wednesdays, Newton Campus, 12:30–1 p.m., Law Library

Introduction to Mindfulness and Meditation

October 4, 12-1:30 p.m., Murray Room, Yawkey
This session will introduce participants to the basic principles and practices of mindfulness and meditation. Registration required. Lunch will be provided. [Register here.](#)

Beyond the Basics: 6 Session Series Exploring Mindfulness and Meditation

Will meet weekly for six consecutive Mondays October 16–November 20, 12-1 p.m., Ryan Room, 127 Lake St. Brighton
Registration is required for all six sessions. [Register here.](#)

Yoga-Nidra - Restorative Guided Meditation, Shea Room Conte

Session I: October 4, 1:30–2:30 p.m.
Session II: November 1, 1:30–2:30 p.m. Location TBD

This inspired, meditative practice requires nothing of you but to close your eyes and listen. Divine Sleep Yoga Nidra™ has been used to successfully aid insomnia, anxiety, depression, PTSD, and many other issues.

Instructor: Jennifer Cataldo, E-RYT & Reiki Master/Teacher
Registration required, space is limited. Participants may sign up for one session only. [Register here.](#)

HEALTHY YOU Lunch and Learn Seminars

All seminars include a lunch buffet. Registration is required.

Food Myths

October 17, 12–1 p.m., Murray Room, Yawkey

This lecture discusses 12 popular myths about food choices and eating habits. We will explain why the myths are false and how they can actually be considered good eating practices, why certain foods are actually good for you and why certain eating habits can actually impede your quest for weight loss and behavior modification.

Productivity: Busters and Boosters

November 16, 12–1 p.m., Murray Room, Yawkey

“It’s not just the number of hours we sit at a desk that determines the value we generate. It’s the energy we bring to the hours we work” states Tony Schwartz, CEO of the Energy Project.

In this seminar, participants will identify the factors that impede productivity and uncover the root causes of procrastination. They will take home valuable time management and goal-setting skills. Highlighting the art and science behind habit-forming, this session promises to help employees focus, follow-through, and achieve.

Exercise and Energy

December 5, 12–1 p.m., Murray Room, Yawkey

Exercise is important for everyone. Do you hate to exercise? What type of exercise is the best? How much is too much and how much is too little? Focus on balance and energy in your life and learn about how to incorporate exercise into your life for your total wellbeing.

[Register here.](#)

Holiday Stress Relief with Guided Meditation

December 6, 1:30-2:30 p.m. Location TBD

Release your Holiday Stress. Give yourself permission to rest and restore. In this class we will combine aromatherapy, gentle breath work, and a short series of gentle seated postures before we settle into a guided meditation. This class is designed to release tension in the body and mind during this busy season.

Instructor: Jennifer Cataldo, E-RYT & Reiki Master/Teacher
Registration required, space is limited. [Register here.](#)

Visit www.bc.edu/healthy-you to register and learn more.

Eldercare Support

All sessions include a lunch buffet. Registration is required; visit www.bc.edu/healthy-you.

ELDERCARE WEBINAR

Navigating the Resource Maze

September 19, 12:30-1:30 p.m., RSVP to receive call instructions.

ELDERCARE INFORMATION PROGRAMS

In these sessions, a panel of industry experts will provide current information, customized resource materials, and time for Q&A.

Financial and Legal Matters Surrounding the Care of a Loved One

October 10, 12-1:30 p.m., Murray Room, Yawkey
More Details to come.

Transitions in Care: How to Be a Non-Medical Advocate

October 10, 12-1:30 p.m., Murray Room, Yawkey
More Details to come.

[Register here.](#)

In addition to the Eldercare Support programs, HouseWorks professionals are available to answer your specific eldercare questions. Please direct your inquiry to the BC Faculty/Staff Assistance Program at 617-552-3340 or touzin@bc.edu

Campus Recreation Programs

Want to get fit, maintain a healthy weight, and have fun doing it? Campus Recreation is here to support you as you move toward a healthier, more active lifestyle.

To find out more and register for classes visit: [Campus Recreation Programs](#).

TRIAL MEMBERSHIP AND FITNESS 101 CLASS

Benefits eligible staff members can receive a complimentary one month membership valid from October 16-November 12. Campus Recreation is offering a complimentary Fitness 101 small group fitness training class to our trial members. To see the trial schedule and to register visit: [Fitness 101](#).

FIT CLUB: WEIGHT LOSS AND FITNESS PROGRAM

Monday/Wednesday/Friday January 23-May 3, 7:15-8:15 a.m.

Fit Club is a BC faculty and staff (non-student) weight-loss program designed to jump-start a workout regimen for all participants. The program includes goal setting, scheduled assessments, small group training workouts three days per week, fitness challenges, and lots of support. The goal is to encourage participants to incorporate exercise in their daily lifestyles and to feel empowered and comfortable to work out independently at the end of the semester. Eligibility criteria must be met in order to participate.

Program cost: \$280 before reimbursement. Participants must be Campus Recreation members. HR will reimburse benefits-eligible employee participants 50% at the conclusion of the program if the participant attends at least 75% of the classes. [Campus Recreation Programs](#).

YOGA ACROSS CAMPUS

Gentle Hatha Yoga will be offered on Main Campus, Brighton Campus, and Newton Campus. The class will combine breath work (pranayama) and gentle postures to release physical tension in the body and relax the mind. All levels welcome. No experience necessary. To see the full yoga schedule and to register visit the Yoga tab on www.bc.edu/healthy-you.

FITNESS EQUIPMENT ORIENTATIONS

Campus Recreation is offering complimentary 30-minute fitness equipment orientations at 8 a.m. and 12 p.m. on the first Wednesday of each month for Campus Recreation members. Drop-ins are welcome; meet in the lobby.

NEW! Brighton to Lower Campus Shuttle

We are running a shuttle from Brighton for a one month trial! The shuttle will run Monday-Friday from 11:30 a.m.-1:30 p.m. from September 5-October 5. The stops will be 129 Lake Street, STM Library, and Conte.

WALK ACROSS CAMPUS

October 2-December 4

Kickoff Walk: October 2 at 12 p.m. outside 129 Lake St.

For this WAC Boston College is subsidizing a new Flex 2 Fitbit pedometer for all benefits-eligible employees who sign up AND participate on a fall team. Also, those who wish to upgrade to a Fitbit unit other than a Flex 2 can do so by paying only the difference in cost.

Visit [Walk Across Campus](#) for detailed instructions.

FALL 2017 CHARITABLE WALKS

Employees are invited to volunteer to lead or participate on a BC team for charitable walks in the Boston area. To volunteer as a team leader contact HEALTHY YOU at 617-552-3336. Please note that any registration fees and/or fundraising requirements will be paid by participants. Visit [Charitable Walks](#) for details.

Boston Heart Walk

Saturday, September 9, 2017 | DCR Hatch Shell, Boston, MA

Boston College Nurses Run for Haiti 5K

Sunday, September 24, 2017 | 140 Commonwealth Ave., Chestnut Hill, MA | [BC Haiti Run/Walk](#)

Brian Honan 5K Run/Walk Road Race

Sunday, September 24, 2017 | Allston/Brighton, MA
To join the BC team contact stephen.montgomery@bc.edu
BC Employees should use promo code "BC" to waive the registration fee.

Making Strides of Boston

Sunday, October 1, 2017 | DCR Hatch Shell, Boston, MA

Welles Remy Crowther Red Bandanna 5K

Saturday, October 14, 2017 | Boston College, Chestnut Hill, MA | bcredbandannarun.racewire.com

Boston Walk to Defeat ALS

Saturday, October 21, 2017 | Carson Beach, South Boston, MA

Visit www.bc.edu/healthy-you for more details.

SMOKING CESSATION ASSISTANCE

Visit www.bc.edu/smokingcessation for information on a variety of free and discounted options for BC employees and family members. Pat Touzin, director of the Faculty/Staff Assistance Program, is also available for smoking cessation coaching. Pat can be reached at 617-552-3340.

SAVINGS AND DISCOUNTS

HPHC members are eligible for savings on a variety of health-related services and products, including a health club reimbursement of up to \$150 as well as a Weight Watchers reimbursement of up to \$150. Visit www.harvardpilgrim.org/BostonCollege.