

# HEALTHY YOU: FALL 2016

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

## Meditation and Mindfulness

### **Introduction to Mindfulness: How the Science and Practice of Awareness Improves Well-Being and Performance**

Facilitated by **Tara Healey**

Choose one session (registration required)

September 22: Shea Room, Conte Forum, 12–1 p.m.

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

*Take-away boxed lunch included*

This program introduces the basic principles and practices of mindfulness. Individuals who employ the techniques of mindfulness in their work are able to monitor moment-to-moment effectiveness, respond promptly and appropriately to difficulties as they arise, and remain open to new ideas and perspectives. Participants will be introduced to meditation practices that will teach them how to be more focused, creative, and resilient in all aspects of their lives.

### **Mind the Moment: Exploring the Practice of Mindfulness**

Six-session series facilitated by **Paul Fulton**

Mondays, November 7–December 12

Theology and Ministry Library Auditorium,

117 Lake St., Brighton Campus, 12–1 p.m.

(first and last session 12–1:30 p.m.)

*Take-away boxed lunch included*

This course offers close study in a variety of mindfulness-based topics and is open to anyone who is interested, regardless of previous knowledge of mindfulness. In this series, each session builds on the one prior; registration for all sessions is required.

### **Open-Ended Weekly Meditation Groups**

These groups provide basic instruction and regular opportunity to practice meditation/mindfulness. Participants are not required to attend every session. Register by contacting Pat Touzin at x2-3340 or [touzin@bc.edu](mailto:touzin@bc.edu).

Tuesdays, October 4–December 13, Multi-Faith Chapel, 66 Commonwealth Avenue, 12–1 p.m.

Thursdays, October 6–December 15, Ryan Room, Theology and Ministry Library, 117 Lake St., 12–1 p.m.

## HEALTHY YOU Lunch and Learn Seminars

All seminars include a lunch buffet.

Registration is required.

### **Organic Foods: Are They Healthier?**

**Presented by Leeann Simons**

September 29, 12–1 p.m., Shea Room, Conte Forum

This session helps you decide if organic food is for you. We will look at some of the myths and facts surrounding this important topic. We all want to do what's best for ourselves and the people in our lives and this session will provide the best available information to make those decisions.

### **Balancing Work and Family**

**Presented by Rachel Shanshiry**

October 13, 12–1 p.m., Shea Room, Conte Forum

Juggling the demands of children, home, a partner, work, and community can be overwhelming. This workshop focuses on how to manage these many important responsibilities. By reducing our stress level, learning how to set priorities, delegating, and managing time more efficiently, we are able to achieve a better balance. Topics covered in this workshop include examining our expectations, personality dynamics that interfere with reducing our stress, and managing our time.

### **Happiness: A Recipe**

**Presented by Rachel Shanshiry**

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

More than an emotion, happiness is a skill that can be learned. Drawing from the latest research in the field of positive psychology, participants will discover the essential "ingredients" of happiness. They will debunk deeply rooted happiness myths and formulate new, empowering definitions. Employees will learn how to change their perspectives on people and events, and how to take back ownership of their emotions. "Happiness: A Recipe" will help participants utilize their character strengths, develop gratitude, find meaning, and gain resiliency. From "Scrooge" to "Pollyanna," this workshop is sure to please all!

Visit [www.bc.edu/healthy-you](http://www.bc.edu/healthy-you) to register and learn more.

**BOSTON  
COLLEGE**



## Walk Across Campus (WAC)

October 3–December 5

Kickoff Walk: October 3 at 12 p.m. outside 129 Lake St.

Our two-month HEALTHY YOU team walking competition returns. Benefits-eligible employees who are new to the WAC can receive a free Fitbit pedometer (limited availability, first come, first served). Those who participated in prior Walks should use the previously issued Fitbit. Registration begins online in September through BC's HEALTHY YOU wellness platform. Look for communications in early September with more details, or visit the HEALTHY YOU website for detailed instructions.

## Eldercare Support

Caring for Aging Parents Support Group

September 21–November 30

This six-session group meets from noon to 1:00 p.m. every other week in a small-group setting in St. Mary's. For information and to register, contact [ummsc@bc.edu](mailto:ummsc@bc.edu).

## ELDERCARE INFORMATION PROGRAMS

The care needs of elders change over time. Understanding the range of choices for care and planning for the costs are two of the biggest challenges facing elders and their families. In these two-hour sessions, a panel of industry experts will provide current information, customized resource materials, and 45 minutes for Q&A. To register, visit [www.bc.edu/healthy-you](http://www.bc.edu/healthy-you).

Out of Pocket Expenses

October 26, 1–3 p.m., Shea Room, Conte Forum

Housing Options

November 9, 1–3 p.m., Shea Room, Conte Forum

## 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. Please visit [www.bc.edu/rec](http://www.bc.edu/rec) to learn more!

Fit Club

September 7–December 9

Mondays, Wednesdays, and Fridays, 7:15–8:15 a.m.

Are you looking to create some lifelong habits to help you reach a healthy weight? Fit Club is a semester-long small-group training program for individuals with a BMI greater than or equal to 27. The program includes goal setting, scheduled assessments, small-group training workouts three days per week, fitness challenges, and lots of support and encouragement. Eligibility criteria must be met in order to participate. Please visit [www.bc.edu/rec](http://www.bc.edu/rec) for details.

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.

Visit [www.bc.edu/healthy-you](http://www.bc.edu/healthy-you) for details on this semester's programs!

## FALL 2016 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 please contact HEALTHY YOU at 617-552-3336. Each leader will function as the point person for the walk. BC will provide leaders with a complimentary BC T-shirt and baseball cap and all participants will receive a BC T-shirt. Please note that any registration fees and/or fundraising requirements will be paid by participants. Visit <http://www.bc.edu/offices/hr/employees/healthy-you/CharitableWalks.html> for details.

September 10: The 2016 Boston Heart Walk

September 25: Brian Honan 5K Run/Walk; Jimmy Fund Walk; Walk to End Alzheimer's Greater Boston Walk

October 2: Making Strides of Boston

October 15: Welles Remy Crowther Red Bandanna 5K

October 22: Boston Walk to Defeat ALS

Date TBA: Komen Mass. Race for the Cure

## OTHER EVENTS

Healthpalooza

September 21 (rain date September 28)  
11:30 a.m.–2:30 p.m., O'Neill Plaza

Health Fair

October 25  
10 a.m.–2:30 p.m., Murray Room

## 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. Find out more at [www.harvardpilgrim.org/BostonCollege](http://www.harvardpilgrim.org/BostonCollege).

## SMOKING CESSATION ASSISTANCE

Visit [www.bc.edu/smokingcessation](http://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.