

HEALTHY YOU: SPRING 2018

Boston College continues the HEALTHY YOU initiative 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

January 30 & 31, 2018 | Chestnut Hill Campus

February 13 & 14, 2018 | Brighton Campus

February 15 & 16, 2018 | Newton Campus

[REGISTER HERE](#)

April 9 - 11, 2018 | Chestnut Hill Campus, Registration to come.

2020 On-site delivers comprehensive eye exams via independent optometrists in its state-of-the-art mobile vision centers. Online appointment booking will be available 3 weeks prior to visit date.

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 January 9 – May 23

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

Elder Caregiving

All sessions include a lunch buffet. Registration is required.

[REGISTER HERE](#)

ELDERCARE INFORMATION PROGRAMS by HouseWorks Professionals

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

Dealing with Dementia

March 6, 12–1:30 p.m., Murray Room, Yawkey

Understanding Dementia and Alzheimer's-- What are my resources to care for my loved one?

Family Matters

May 3, 12–1:30 p.m., Walsh Hall Conference Room

Family Dynamics: Ordering the chaos of caregiving with your siblings.

Still have questions?

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 and you will receive a response to your inquiry within 24-48 business hours.

HEALTHY YOU Lunch and Learn Seminars

All seminars include a lunch buffet. Registration is required.

[REGISTER HERE.](#)

Resolutions With Staying Power with Kathryn McGlynn

February 15, 12–1 p.m., Murray Room, Yawkey

Many of us start projects or new endeavors with strong intentions and high hopes, only to have them dwindle along the way. Some of us do not even make New Year resolutions any more. In this session, you will: explore why resolutions fail, identify five important components of a good resolution, learn how to put the power back into your resolution and harness it for use each and every day. Apply this new concept of “resolution” to any new endeavor, whether it is a work project or personal goal or, yes, even the start of a new year.

Fountain of Youth In Your Grocery Cart with Heidi Roth

March 1, 12–1 p.m., Murray Room, Yawkey

Learn information on how to prevent, manage and even cure common health concerns — including heart disease, memory loss, arthritis, osteoporosis, and migraines — simply by using food to your advantage.

Stress Less with Rachel Shanshiry

March 27, 12–1 p.m., Walsh Hall Conference Room

Finding Peace in Everyday Life: This seminar will help your employees to reduce the negative effects of stress and capitalize on its “hidden” benefits. Participants will become aware of why and how they experience stress, as well as the ways in which it has hindered or advanced their progress. They will learn the leading mind-body techniques to reduce and prevent damaging symptoms associated with prolonged stress responses. With a new perspective on their stress and a handful of tools to manage it, participants will be primed to navigate life's challenges with ease.

Acupuncture...A Demonstration with Dr. Zhang

April 17, 12–1 p.m., Walsh Hall Conference Room

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

**BOSTON
COLLEGE**

 **Harvard Pilgrim
HealthCare**

 **HEALTHY YOU**
WORKING TOGETHER FOR YOUR WELLNESS

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](#).

HALF-PRICED PROGRAMS

Benefits-eligible staff members can partake in more than a dozen programs at a HEALTHY YOU rate that is 50% off the Regular Member rate: Please visit [Half-Priced Programs](#).

YOGA ACROSS CAMPUS

Gentle Hatha Yoga will be offered on Main Campus, Newton Campus, and Brighton 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.

Main Campus & Newton Campus - [REGISTER HERE](#)

Session I - 6 Weeks	Session II - 8 Weeks
Jan. 16 - Feb. 21	Feb. 27 - Apr. 18
Tues. - Carney 206 7:30-8:30 a.m.	
Wed. - Carney 206 12:00-1:00 p.m.	
Wed. - Quonset Hut 12:00-1:00 p.m.	

Brighton Campus Yoga - [REGISTER HERE](#)

McMullen Museum

Wednesdays, 5:30 - 6:30 pm (Feb. 7 - Mar. 7)

Yoga-Nidra - Restorative Guided Meditation - [REGISTER HERE](#)

Session I: Wednesday, February 7 | 1:30 - 2:30 p.m. | Conte Forum Media Suite (located on the first level of the south side of Conte)

Session II: Wednesday, March 7 | 1:30 - 2:30 p.m. | Conte Forum Media Suite (located on the first level of the south side of Conte)

To see program descriptions and details visit [Yoga Across Campus](#).

WALK ACROSS CAMPUS

April 2 - June 4

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

For this WAC Boston College will subsidize a new Flex 2 Fitbit pedometer for any NEW benefits-eligible employee who signs up for the program AND participates on a spring team. Fitbits will be offered through a distribution 2-3 weeks prior to April 2nd and will be available on a first come first served basis. Distribution dates will be sent out via email.

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

Save the date for the Closing Celebration: Friday, June 8th, 1 - 3 pm, location TBD

GAMES | RAFFLES | REFRESHMENTS | PRIZES

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.

SPRING 2018 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.

BC Race to Educate

Saturday, April 2018 (date TBA) | Boston College, Chestnut Hill, MA
<http://bcracetoeeducate.com>

Project Bread's Walk for Hunger & 5K Run

Sunday, May 6, 2018 | Boston Common, Boston, MA
www.projectbread.org/walk-for-hunger

El Pélon Reservoir 5K

Sunday, June 10, 2018 | Chestnut Hill Reservoir, Chestnut Hill, MA
<https://bostonroadrunners.org/event/el-pelon-5k/>

AIDS Walk and Run Boston

Sunday, June 2018 (date TBA) | Hatch Memorial Shell, Boston, MA
<http://www.aidswalkboston.org/>

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

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