

Journey to Wellness

A new initiative hosted by BC Rec, The Office of Health Promotion, University Counselling Services & The Women's Center

BODY

2020

**MONDAY,
OCTOBER 19**

**COLORISM
IN THE
BLACK COMMUNITY**

**6:30PM
GASSON 100 & ZOOM**

**TUESDAY,
OCTOBER 20**

**CHAIR YOGA
9AM, ZOOM
FROM 'PLEX GIRL' TO BODY IMAGE
COACH WITH JULIE OHLEMACHER**

**7PM, Zoom
YOGA NIDRA
9PM, Zoom**

**WEDNESDAY,
OCTOBER 21**

**"Man Up:" Understanding
Masculinity & Reducing Gender
Violence**

**11AM, ZOOM
GENDER EXPRESSION
PANEL
7PM, GASSON 100**

**THURSDAY,
OCTOBER 22**

**MALE BODY IMAGE
FITNESS CLASS
LED BY BC PERSONAL TRAINERS**

**4PM, ALUMNI STADIUM
ENTER THROUGH GATE D**

**FRIDAY
OCTOBER 23**

**BREAK OUT OF
BEAUTY COMMODIFICATION**

**with Petey Manion
3PM, ZOOM**

**USE QR CODE FOR PROGRAM
DESCRIPTIONS AND ZOOM LINKS TO
ALL VIRTUAL SESSIONS**



Questions? : davisom@bc.edu

Event Descriptions

Colorism in the Black Community

Gasson 100/ Zoom <https://bccte.zoom.us/j/3116324823>

Monday, October 19 @ 6:30PM

A discussion about colorism; a form of racial discrimination based on the shade of one's skin, showing preference to lighter skin shades. This type of discrimination often occurs within specific racial and/or ethnic groups. The event will feature a panel of Black students. Panelists will be asked questions about an array of different topics linked to colorism for their personal experiences; how it has affected them, to their thoughts on how the ideals of colorism are still upheld in today's society.

Chair Yoga

Zoom link: <https://bccte.zoom.us/j/922191395>

Tuesday, October 20 @ 9AM

This chair-based yoga class will combine breath work and gentle movement to release physical tension in the body and relax the mind. All levels welcome. No experience necessary.

From BC "Plex Girl" to Body Image Coach: How to End the War on Your Body

Zoom link: <https://us02web.zoom.us/j/88421257569>

Tuesday, October 20 @ 7PM

Julie Ohlemacher (Class of 2013) spent *MANY* hours at the Plex. She worked as a fitness attendant, personal trainer, and group fitness instructor for 3 of her years on the Heights. She was there so much, she became known as "Plex Girl." And while on the outside she seemed to have everything together, on the inside, she was battling disordered eating and body dysmorphia. Join Julie for a real, raw conversation about how she went from "Plex Girl" to the intuitive eating and body image coach she is today. Julie will share her story, bust some popular diet culture myths, and share a powerful paradigm to help you build a loving relationship with your body.

Yogic Sleep: A Guided Meditation with Leah Koenigsberg

Zoom Link: <https://bccte.zoom.us/j/94329409346>

Tuesday, October 20 @ 9pm

Yoga Nidra, or yogic sleep is the ultimate relaxation technique for releasing stress and tension held in your body. Experience a deep level of relaxation by participating in this easy to follow meditation and allow your body to feel rested and ready for sleep. It is one of the easiest yoga practices to develop and maintain! Please wear loose, comfortable clothing and an eye mask (optional). OHP will be handing out helpful sleep swag on 10/20 from 12pm-2pm in Gasson 013! Contact Leah.koensberg@bc.edu for one-on-one Yoga Nidra sessions.

"Man Up:" Understanding Masculinity & Reducing Gender Violence

RSVP: <https://vtmfvirtualworkshop.splashthat.com>

Wednesday, October 21 @ 11AM

A Vanessa T. Marcotte Foundation virtual workshop that discusses gender violence prevention.

Gender Expressions

Gasson 100

Wednesday, October 21 @ 7PM

What are gender expressions? Join us in this event with songs, slam poetry, and dance to discuss how different artistic performances deal with this topic of Gender Expressions!

Male Body Image Fitness Class with BC Rec Personal Trainers

Alumni Stadium, Gate D,

Thursday, October 22 @ 4PM

This male-identified Personal Trainer led fitness class will be an inclusive experience for males to come and enjoy a workout together, followed by a discussion around male body image.

The Commodification of Beauty:

How to Identify It and How We Can Take It Back

Zoom Link: <https://bccte.zoom.us/j/92381841399>

Friday October 23 @ 3PM

Feeling dizzy from unrealistic advertised beauty standards invading your space? Join Petey Manion (BA, MS) for a presentation and facilitated discussion on the general process of commodification, how beauty is commodified, and strategies to de-commodify and find empowerment in your beauty. In this session, we will explore real world examples and understand how this process affects us on both a societal and personal level.