### Journey to Wellness

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

#### SUNDAY, SEPTEMBER 20

**EVER TO EXHALE:** Sunset Yoga  
with Rachel Lewis  
7PM, Stokes Amphitheater

#### MONDAY, SEPTEMBER 21

**SUPPORTING THOSE AT RISK FOR SUICIDE**  
with Nikki Pollard, UCS & Kendra MacDonald, Samaritan's  
2PM, ZOOM

**Pause and Pray: Mind Week Edition**  
6:30PM, Burns Library Lawn

#### TUESDAY, SEPTEMBER 22

**PROGRESSIVE MUSCULAR RELAXATION**  
with Petey Manion, BC REC  
10AM, ZOOM

**BATTLING BEAUTY NORMS TO PROTECT MENTAL HEALTH**  
with Professor Engeln, Northwestern  
7PM, ZOOM

#### WEDNESDAY, SEPTEMBER 23

**A RECOVERY STORY**  
with Mike Marjama, former catcher for the Seattle Mariners who dealt with disordered eating during his career.  
6PM, ZOOM

#### THURSDAY, SEPTEMBER 24

**TYING KNOTS TO UNTIE STRESS**  
workshop with BC Rec  
3PM, ZOOM

**THIS IS MY JOURNEY**  
with OHP WellnessCoaches who share their health journeys  
5PM, ZOOM

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**In collaboration with University Counseling Services & Campus Ministry**

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

**Ever to Exhale: Sunset Yoga with Rachel Lewis**  
Location: Stokes Amphitheater  
Date/Time: Sunday, September 20 @ 7PM  
Description: Ever to Exhale Sunset Yoga is a great way to de-stress and connect your Mind, Body and Soul. Join Rachel Lewis, OHP Wellness Coach and BC Rec Instructor, for this fun, relaxing activity.  
*No experience necessary. Please bring a mat.*

**Supporting Those at Risk for Suicide**  
Co-sponsor: University Counseling Services and Samaritan's  
Location: Zoom: https://us02web.zoom.us/j/86141360687  
Meeting ID: 861 4136 0687  
Date/Time: Monday, September 21 @ 2PM  
Description: Samaritans, Inc.’s “How to Support Those at Risk for Suicide” is an hour-long workshop aimed at both demystifying and destigmatizing suicide. During this session, we’ll discuss statistics and myths related to suicide, plus review risk factors and warning signs related to suicidal ideation. Additionally, concrete skills and language will be covered in order to help attendees feel more able to support those going through difficult challenges of all types, but especially ones related to suicide.

**Pause and Pray: Mind Week Edition**  
Co-sponsor: Campus Ministry  
Location: Zoom: Burns Library Lawn (rain location: St. Joe's Chapel)  
Date: Monday, September 21 @ 6:30PM  
Description: A moment to exhale, reflect and be spiritually renewed. Come gather with fellow students to journal, listen to music, pray and practice mindfulness as we cultivate the ability to feel okay not being okay amidst these difficult times. Continue the experience by pairing with another student to spend a moment together, reflecting on how we are all feeling and doing as we return to school this fall, and share in a meal with provided gift cards.  
*Must pre-register for this event by SEPTEMBER 20.*
Progressive Muscular Relaxation with Petey Manion
Location: Zoom: https://bccte.zoom.us/j/94684719156
Date/Time: Tuesday, September 22 @ 10AM
Description: Learn techniques used by high level athletes to help calm an anxious mind and body. This method can be used in any situation to aid in managing stress and anxiety. No equipment needed - just an open mind and positive attitude!

Battling Beauty Norms to Protect Mental Health
Location: https://bccte.zoom.us/j/96393205838
Date/Time: Tuesday, September 22 @ 7PM
Description: Fat talk refers to the phenomenon of female friends engaging in conversations centered on body disparagement. This talk will include data demonstrating that fat talk both reflects and fuels body image disturbance in women (and men!) and discuss routes to reducing fat talk.

A Recovery Story with Former Seattle Mariners Catcher Mike Marjama
Location: https://bccte.zoom.us/j/98300138467
Date/Time: Wednesday, September 23 @ 6PM
Description: Mike will discuss his journey identifying and dealing with disordered eating during his career as a professional baseball player and engage attendees in a dynamic Q&A.

Tying Knots to Untie Stress
Location: https://bccte.zoom.us/s/91203452815
Date/Time: Thursday, September 24 @ 3PM
Description: Join us for a fun and relaxed opportunity to learn to join form and function by turning an average chunk of rope into beautiful and functional knots. You will need a 4ft piece of rope, which you can pick up in the Outdoor Adventure area in the Margot Connell Recreation Center. You will not need an appointment to pick up your rope.

This is my Journey
Location: https://bccte.zoom.us/j/98845670717
Date: Thursday, September 24 @ 5PM
Description: Come hear student health stories of resilience, strength, and courage. Attendees will identify key health messages related to taking care of their mind and reflect on their personal health and wellness.
Let's Talk Mind
Location: bc.edu/journeytowellness
Time: Throughout the week
Description: Find us online at Let’s Talk Mind. Choose a topic and activity to participate in from the 3 B's: Be attentive, Be reflective, and Be well. Topics include mental health, time, stress, and resilience. Hear from your peers and experts in the field and challenge yourself to tackle a new healthy behavior.

MIND Scavenger Hunt
Location: Throughout campus
Time: Throughout the week
Description: Participate in our campus wide scavenger hunt and complete two MIND activities to earn a prize. Visit www.bc.edu/journeytowellness for complete details.