HEALTHY YOU: FALL 2018

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

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

BC Faculty and Staff Health Fair
Flu shot sign up and registration forms will be posted to the Healthy You website: Health Fair.
Tuesday, October 30th, 10:00 - 2:30 pm | Murray Room, Yawkey Athletic Center

Take time to take care of you. Stop by this year’s Health Fair and learn how to get and stay healthy.

Meditation and Mindfulness Programs

Open-Ended Weekly Meditation Groups
Sessions will run weekly from September 11, 2018 - December 19, 2018.
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. You may drop in or register by contacting Pat Touzin at x2-3340 or touzin@bc.edu.

Mondays, Brighton Campus, 12 - 1 p.m. | Room 226, 129 Lake St.
Tuesdays, Chestnut Hill Lower Campus, 12 - 1 p.m. | Lyons 201E, Bluhm Library
Wednesdays, Brighton Campus, 12 - 1 p.m. | Ryan Room, Theology and Ministry Library, 117 Lake Street
Thursdays, Newton Campus, 12:30 - 1 p.m. | Law Library’s Contemplative Room (427)

Introduction to Mindfulness and Meditation
September 26, 2018 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.

20/20 On-Site Vision Van

October 2018
Monday and Wednesday, October 29 and 31, 2018, 8 a.m. - 4 p.m. - Chestnut Hill Campus

November 2018
Monday, November 26, 2018, 8 a.m. - 4 p.m. - Newton Campus
Wednesday, November 28, 2018, 8 a.m. - 4 p.m. - Brighton Campus
Thursday and Friday, November 29 and 30, 2018, 8 a.m. - 4 p.m. - Chestnut Hill Campus

Online appointment booking will be available 3 weeks prior to visit date via email from Benefits.

2020 On-site delivers comprehensive eye exams via independent optometrists in its state-of-the-art mobile vision centers. More dates to come in Spring!

HEALTHY YOU Lunch and Learn Seminars by Harvard Pilgrim
All seminars include a lunch buffet. REGISTER HERE.

For your benefit, all programs have been scheduled from noon to 1:30 pm to allow for questions and interaction after each presentation which typically conclude at 1:00 pm. Therefore, those who may have to return to their offices by 1:00 pm are welcome to attend.

Staying Healthy at Work
October 9, 12–1:30 p.m., Walsh Hall Function Room
The goal of this workshop is to help people prevent infection and boost their immune system. Infection, the endless cold, and secondary infections as well as when to call a doctor will be discussed as well as prevention methods specific to the workplace.

Time vs. Energy: How to Have a More Productive Day
October 23, 12–1:30 p.m., Walsh Hall Function Room
This session looks at how good nutrition and the lack of affects the four energy domains: physical, emotional, mental and spiritual. You will also learn practical tactics of eating for energy.

Holidays & Celebrations - Control Your Eating
November 13, 12–1:30 p.m., Walsh Hall Function Room
Using easily learned self-hypnosis techniques, you can create important changes in your mind that make it easy for you to naturally control your eating during holidays, celebrations or vacations.

Cooking to your Heart’s Content: A Cooking Demonstration
December 4, 12–1:30 p.m., Murray Room, Yawkey
"Nutritious and Delicious Sides" from a Festive Tuscan Kale Salad to a Colorful Cranberry Salsa, add flavor and phytochemicals to your meals with these easy recipes...both crowd pleasers and great for the holidays!

NEW: Cancer and Chronic Illness Support Group
The BC Cancer and Chronic Illness Support Group is a support group for Faculty & Staff Members of the Boston College Community whose lives have been touched by cancer and other chronic diseases. Please feel free to contact Carol Pepin at x2-8487 for further information.

Living with Chronic Illness
Liz Farrell, MSW, LICSW - Clinical Social Worker and Fremonta Meyer, MD - Doctor of Psychiatry, both from the Dana-Farber Cancer Institute
Wednesday, October 31, 2018, 12 - 1:30 p.m. | 2101 Comm. Ave., Room 111

People impacted by cancer or chronic illnesses have a host of unique decisions and thoughts to process. This session will raise awareness of the importance and benefits of a robust support system, including a support group. Discussion will review invaluable resources available including having a place to voice fears, avoid isolation, and gain insight from the experience of others. REGISTER HERE.
Courses include: Fit for Life (formerly Fit Over 40), Intro to (Power)lifting, Boxing

Campus Rec’s small group training programs are discounted for Session II this fall! Benefits eligible faculty and staff members can partake in more than a dozen programs at HALF PRICED PROGRAMS Campus Recreation Programs

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<tr>
<th>Event</th>
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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.

Eldercare Support
All sessions include a light lunch. Registration is required. REGISTER HERE.

For your benefit, all programs have been scheduled from noon to 1:30 pm to allow for questions and interaction after each presentation which typically conclude at 1:00 pm. Therefore, those who may have to return to their offices by 1:00 pm are welcome to attend.

Provided by HouseWorks, a local organization focussing on home care services for the elderly, these eldercare support seminars will cover topics surrounding elder caregiving with a focus on providing support to the care giver. These programs will be facilitated by a panel of industry experts who will provide current information, customized resource materials, and time for Q&A.

Hoarding and the Elderly
October 17, 12–1:30 p.m., Walsh Hall Conference Room

This presentation will provide education on hoarding and ways to approach someone who is a hoarder. Hoarding is a disease and it not always easy to make changes. Come and learn why it is not easy to make changes in a hoarder’s lifestyle however there are some approaches that may work.

Brass Ring Memoirs
November 27, 12–1:30 p.m., Murray Room, Yawkey

Encouraging stories using practical methodologies to help caregivers reach for their goals in Alzheimer’s and dementia care.; Featuring Author Kelly McCarthy. Book details here.

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.

Family Support
All sessions include a light lunch. Registration is required. REGISTER HERE.

These programs are being facilitated by Boston College, School of Social Work faculty member, Jessica M. Black - Chair, Children, Youth & Families Concentration

Understanding the Adolescent Brain
November 7, 12–1:30 p.m., Murray Room, Yawkey

The adolescent brain is often misunderstood, a mystery to teens and those adults who care about them. Are you looking to build your knowledge of the brain while learning about adolescent development? Then look no further than this exciting lecture that introduces the latest neuroscientific findings on adolescent brain growth and reviews the implications of such changes for social relationships, emotional health and cognitive achievement.

The Matter of Sleep in Children and Adolescents
December 5, 12–1:30 p.m., Murray Room, Yawkey

Why do we sleep? How does sleep affect brain development and behavior in young people? What is sleep hygiene? How is disturbed sleep assessed in kids? How much sleep is enough? It is these and many more topics that will be addressed during this lecture introducing sleep science in children and adolescents.

Campus Recreation Programs

HALF PRICED PROGRAMS

HALF PRICED Small Group Training Programs - Session II
Benefits eligible faculty and staff members can partake in more than a dozen programs at 50% off HEALTHY YOU rate. Please visit: HealthyYouHalfPricedPrograms.

Campus Rec’s small group training programs are discounted for Session II this fall! Courses include: Fit for Life (formerly Fit Over 40), Intro to (Power)lifting, Boxing

WALK ACROSS CAMPUS

October 1-December 3
Kickoff Walk: Monday, October 1, 2018, 12:05 p.m.
In Front of Cadigan, Brighton Campus

Boston College will supply, on a first come - first served basis, a new Flex 2 Fitbit to new, benefits-eligible employees who sign up AND participate on a fall team while supplies last.

Visit Walk Across Campus for detailed instructions on signing up!

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 8, 2018 | DCR Hatch Shell, Boston, MA | Boston Heart Walk

Boston Friends of Safe Passage Esperanza 5K
Saturday, September 22, 2018 | Artesani Park, 1255 Soldiers Field Road, Boston, MA | Safe Passage Esperanza Run/Walk

Boston College Nurses Run for Haiti 5K
Sunday, September 23, 2018 | Boston College, Chestnut Hill, MA | BC Haiti Run/Walk

Brian Honan 5K Run/Walk Road Race
Sunday, September 30, 2018 | Tavern In the Square, 161 Brighton Ave., Allston, MA | Brian Honan 5K

Making Strides of Boston
Sunday, September 30, 2018 | DCR Hatch Shell, Boston, MA | Making Strides Boston

The Leukemia and Lymphoma Society
Wednesday, October 17, 2018 | Boston Common, Boston, MA | Leukemia Lymphoma Society

Wellis Remy Crowther Red Bandanna 5K
Saturday, October 20, 2018 | Boston College, Chestnut Hill, MA | BC Red Bandanna 5K

Boston Walk to Defeat ALS
Saturday, October 20, 2018 | Carson Beach, South Boston, MA | Defeat ALS Boston

Camp Harbor View Citython 5K
Saturday, November 17, 2018 | Boston Common, Boston, MA | Camp Harbor View Citython 5K

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.