Healthy You Lunch and Learn Seminars by Harvard Pilgrim
Registration required, lunch is provided. Register here!

Happier At Work - Seven Ways to Feel Instantly Happier!
Led by Pam Garramone
Thursday, Feb. 14, 12 - 1:30 PM, Walsh Hall

Sleep For Health
Led by Rose Marie Knickles
Tuesday, March 5, 12 - 1:30 PM, Walsh Hall

Spring Planting: Seed Time
Led by Rick Ferreria
Tuesday, March 26, 12 - 1:30 PM, Walsh Hall

Souping is the New Juicing: A Cooking Demonstration
Led by Heidi Roth
Tuesday, April 2, 12 - 1:30 PM, Walsh Hall

Meditation and Mindfulness
Open-ended Weekly Meditation Groups
Partipants benefit from insight and support to establish a home practice. You are not required to attend every session. You may drop in or register by contacting touzin@bc.edu

Meditation and Mindfulness
Led by Ling Beisecker, E-RYT
Mondays, Brighton Campus
12 - 1 PM, Room 226, 129 Lake Street

Tuesdays, Chestnut Hill Campus
12 - 1 PM, Lyons 201E, Bluhm Library

Wednesdays, Brighton Campus
12 - 1 PM, Ryan Room, Theology and Ministry Library, 117

Thursdays, Newton Campus
12:30 - 1 PM, The Law Library’s Contemplative Room, 427

Weekly yoga classes will be offered on the Chestnut Hill, Brighton, and Newton campuses. For a full schedule please REGISTER HERE. Individual Yoga and Wellness one-time programs will also be held this Spring.

Schedule an individual, beginner session with Ling Beisecker, E-RYT, at beisecke@bc.edu

Interested in bringing chair yoga to your office? INQUIRE HERE.

Half -priced programs:
Benefits eligible faculty and staff members can partake in more than a dozen programs at 50% off HEALTHY YOU rate! Visit HERE.

Campus Rec’s Small Group Training Programs are discounted for Session II this Spring! Course include: Fit for Life, Intro to Powerlifting, Boxing Bootcamp, Synergy Circuit Training, and TRX Circuits. Half-off for members! SIGN UP HERE.

Kickoff Walk: Monday, April 1st, 12:05 PM
Outside of Cadigan Hall, Brighton Campus

BC will supply Flex 2 Fitbits on a first come first serve basis for NEW eligible employees who sign up AND participate on team. Supplies limited.

Sign up HERE!
Family Caregiving
Registration required, as a light lunch is provided. Register Here!

Launched Into Adulthood
Thursday, March 21, 12 - 1:30 PM in the Murray Room, Yawkey Center
Led by Carolyn Romano, MSW, LICSW

Demystifying Dyslexia in Children and Adults
Tuesday, April 16, 12 - 1:30 PM in Walsh Hall
Led by Jessica M. Black, Chair, Children, Youth and Families Concentration in the BC School of Social Work

Elder Caregiving
Registration required, as a light lunch is provided. Register Here!

Senior Care Options - 101
Thursday, February 28, 12 - 1:30 PM, Walsh Hall

Senior Care Options - 102
Tuesday, April 16, 12 - 1:30 PM at 2101 Comm. Ave Room 111

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

Moving Forward Integrative Oncology
Registration required, as a lunch is provided. Register Here!

Wednesday, March 13, 12 - 1:30 PM, Corcoran Commons
Led by Lisha Fan, Founder and President of the Integrative Oncology Institute

Dr. Fan will discuss cancer patient centered care - which includes prolonging patient life and survival, quality of life, reducing toxicities and its cost-effectiveness. There will be time for questions.

Smoking Cessation Assistance
Visit HERE 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 HERE.

Spring 2019 Charitable Walks
Employees are encouraged to participate and invited to lead a BC team in a local charitable walk. To volunteer as a team leader, contact Healthy You at 617-552-3336 and we will provide BC T-Shirts. Please note that any registration fees and/or fundraising will be paid by participants.

BC Race to Educate
Saturday, April 2019 (Date TBA)
Boston College, Chestnut Hill

Project Bread’s Walk for Hunger & 5K Run
Sunday, May 5, 2019
Boston Common, Boston

AIDS Walk and Run Boston
Sunday, June 2, 2019
Hatch Memorial Shell, Boston

El Pelon Reservoir 5K
Sunday, June 9, 2019
Chestnut Hill Reservoir, Chestnut Hill

Faculty and Staff Fun Run/Walk
Friday, June 14, 2019
Boston College Flynn Recreation Plex

Cancer and Chronic Illness Support Group
The BC Cancer and Chronic Illness Support Group is a group for members of the BC Community whose lives have been touched by cancer and other chronic illnesses. Please feel free to contact Carol Pepin at x 2-8487 for further information

Visit Healthy You for more information