Healthy You Lunch and Learn Wellbeing Seminar by Harvard Pilgrim

**Registration required, lunch is provided. Register here!**

**Acupuncture ... A Demonstration**
Led by Kathy Seltzer
Thursday, Sept. 19, 12 - 1:30 PM, Walsh Hall

**Caregiving 101**
Led by Kathryn McGlynn
Thursday, Oct. 31, 12 - 1:30 PM, Murray Room

**Aromatherapy**
Led by Hallie Savage
Wednesday, Nov. 6, 12 - 1:30 PM, Murray Room

**Blending for Health: A Cooking Demonstration**
Led by Heidi Roth
Tuesday, Dec. 3, 12 - 1:30 PM, Murray Room

**Meditation and Mindfulness**

**Introduction to Mindfulness and Meditation**
Register here!
Tuesday, Sept. 17, 12 - 1:30 PM, 2101 Comm. Ave, Rm. 111

**Open-ended Weekly Meditation Groups**
You are not required to attend every session. You may drop in or register by contacting touzin@bc.edu. Weekly sessions will run September 23 to December 19

**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 & Ministry Library, 117

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

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**Yoga Across Campus**
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 Fall.**
Schedule an individual, beginner session with Ling Beisecker, E-RYT, at beisecke@bc.edu

Interested in bringing chair yoga to your office? Inquire here.

**Campus Recreation Programs**
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 Fall! Course include: Fit for Life, Intro to Powerlifting, Boxing Bootcamp, Synergy Circuit Training, and TRX Circuits. Half-off for members!

**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

**Faculty and Staff Health Fair**
October 22nd 10:00 - 2:30 pm | Murray Room, Yawkey Athletic Center. Visit here

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20/20 On-Site Optometry Vision

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<tr>
<th>Campus</th>
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<tr>
<td>Chestnut Hill Campus</td>
<td>8 AM - 4 PM</td>
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<td>Brighton Campus</td>
<td>8 AM - 4 PM</td>
<td>Wednesday and Thursday, Dec. 11 and 12</td>
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Family Caregiving
Registration required, as a light lunch is provided. Register Here!

The Impact of Technology on the Brain (Infants through Adults)
Wednesday, Nov. 13, 12 - 1:30 PM in the Murray Room, Yawkey Athletic Center
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!

Understanding Dementia and Caring for Those with Dementia
Tuesday, Oct. 8, 12 - 1:30 PM in the Walsh Hall

Home Safety and Fall Prevention for Elders
Provided by HouseWorks
Thursday, Nov. 14, 12 - 1:30 PM in Rm 111, 2101 Comm. Ave.

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

Walk Across Campus Challenge
For information about how to get involved, VISIT HERE.

Team Leader Lunch
Tuesday, Sept. 17, 12 - 1:30 PM, Walsh Hall

Kickoff Walk
Tuesday, Oct. 1st, 12:05 PM
on the lawn outside the Cadigan Alumni Center

BC will supply Inspire HR Fitbits on a first come first service basis for ALL eligible employees who sign up AND participate on team. Supplies limited.

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.

Fall 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 registration fees and/or fundraising will be paid by participants.

Boston Heart Walk
Saturday, Sept. 7th
DCR Hatch Shell, Boston

Esperanza 5k Race and Fun Run
Saturday, Sept. 21st
Artesani Park, 1255 Soldiers Field Rd, Boston

Brian Honan 5k Run/Walk Road Race
Sunday, Sept. 22nd
Tavern in the Square, 161 Brighton Ave, Allston
*Contact Stephen Montgomery to join BC Team

Shatterproof 5k
Sunday, Sept. 22
Franklin Park - Playstead, Pierpont Rd, Boston

Making Strides of Boston
Sunday, Sept. 29th
DCR Hatch Shell, Boston

The Leukemia and Lymphoma Society
Thursday, Oct. 17
Boston Common, Boston

Boston Walk to Defeat ALS
Saturday, Oct. 19
Carson Beach, South Boston

Welles Remy Crowther Red Bandanna 5k
Saturday, Oct. 26
Boston College, Chestnut Hill

Camp Harbor View Citython 5k
Saturday, Nov. 16
Boston Common, Boston
*BC employees can receive a discount

Visit Healthy You for more information