Healthy You

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

Acupuncture for Common Uses and Chronic Pain
Led by Kathy Seltzer
Thursday, Feb. 6, 12 - 1:30 PM, Walsh Hall

Make and Take: Toxic Free Cleaning Agents
Led by Sue Lunt
Wednesday, March 11, 12 - 1:30 PM, Walsh Hall

Blending for Health, A Smoothie Demonstration
Led by Heidi Roth
Thursday, April 16, 12 - 1:30 PM, Walsh Hall

Make and Take: Creating Your Own Health & Beauty Items (Body Scrubs, Facial Masks, Hair Care, etc.)
Led by Heidi McIndoo
Friday, May 1, 12 - 1:30 PM, Murray Room

Meditation and Mindfulness

Introduction to Mindfulness Register here!
Wednesday, Feb. 5, 12 - 1:30 PM, Walsh Hall, Lunch Provided

Open-ended Weekly Meditation Groups Jan 14 - April 30
Participants 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

Mondays, Brighton Campus
12:10 - 1 PM, Room 226, 129 Lake Street

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

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

Wednesdays, Brighton Campus
12 - 1 PM, Ryan Room, TML, 117 Lake Street

Wednesdays, Chestnut Hill, Lower Campus
1:10 - 1:45 PM, Multi-Faith Chapel (located at the rear of the residence hall at 66 Comm. Ave.)

Yoga+Fitness Across Campus
Weekly yoga classes will be offered on the Chestnut Hill, Brighton, and Newton campuses. For a full schedule please REGISTER HERE.

Schedule an individual, beginner session with Eva Christopherson, E-RYT, at christnh@bc.edu.

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

NEW! The Roll Model Method: Spring Tune Up
Tuesday March 31, 2020 | 1 - 2pm | Carney 206 REGISTER 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.

There is no FitClub this semester, but try the new Kickstarter Motivate with Bryan! This is a great way to kick start your routine and get yourself on the path to a healthier lifestyle!

REGISTER HERE

Walk Across Campus Challenge
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.
For details, visit Walk Across Campus.

Walk Across Campus Challenge

20/20 On-Site Optometry Vision Van

Chestnut Hill Campus
8 AM - 4 PM, Monday - Wednesday, Feb. 10 - 12

Newton Campus
8 AM - 4 PM, Thursday, Mar. 12

300 Hammond Pond Pkwy
8 AM - 4 PM, Thursday, Mar. 12

Brighton Campus
8 AM - 4 PM, Monday and Tuesday, March 30 - 31

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

The Neuroscience of Learning: How to Build Healthy, Adaptive Habits and Practices in Adulthood
Friday, March 20, 12 - 1:30 PM in the Murray Room, Yawkey
Led by Jessica M. Black, Chair, Children, Youth & Families Concentration, BC SSW

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

Senior Care Options - 101
Thursday, March 19, 12 - 1:30 PM, Walsh Hall

Senior Care Options - 102
Friday, April 3, 12 - 1:30 PM, Walsh Hall

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

Chronic Illness Support Group
The BC Chronic Illness Support Group is a group for members of the BC Community whose lives have been touched by cancer and other chronic illnesses. Lunch sessions are scheduled and drop-ins are welcome.

Please feel free to contact Carol Pepin at x 2-8487 for further information

AJCU GO MOVE Challenge!
FEBRUARY 1 - 28, 2020
Calling all Boston College faculty and staff! This is our first year participating in the eighth annual Go Move Challenge to determine which Jesuit institution is the most active. Awards go to the university which track the most minutes, the university that averages the most number of minutes per participant, and the region with the most minutes. Register at www.GoMoveChallenge.org.
For more details, visit the HEALTHY YOU website.

Spring 2020 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, May 2, 2020
Boston College, Chestnut Hill

Project Bread’s Walk for Hunger & 5K Run
Sunday, May 3, 2020
Boston Common, Boston

El Pelon Reservoir 5K
Sunday, May 13, 2020
Chestnut Hill Reservoir, Chestnut Hill

AIDS Walk and Run Boston
Sunday, June 7, 2020
Hatch Memorial Shell, Boston

Faculty and Staff Fun Run/Walk
Friday, June 2020 - date TBA
Boston College Flynn Recreation Plex

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 HPHC for details.

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