

## One Boston: A Day of Resilience

The Massachusetts Resiliency Center in Collaboration with The Old South Church

645 Boylston St., Boston, MA

**Survivor Drop-In Lounge** 9:00am-3:00pm, Gordon Chapel in Old South Church

Light refreshments and a quiet space to relax and connect with other survivors will be available.

**Therapy Dogs**, by Pets and People and Dog B.O.N.E.S. of Massachusetts 9:00am-5:00pm, Available in various locations

Pet, play with, or talk to therapy dogs as they provide affection and comfort.

**"Resiliency Is..." Banner signing** 9:00am-1:00pm, Out of doors in the Portico

Share your thoughts about what resiliency is by signing a communal banner to express how we are "Stronger Together"

### Wellness Activities

**STORY: A Survivor's Workshop on Telling Your Story, with Lani Peterson**

*Sessions at 9:15, 10:15 and 11:15, Samuel Johnson Room*

Group workshop to help survivors build connections, find insight, and share their stories as a way to understand themselves and each other.

**Chair Massage, with Jeff Spratt**

*Rolling sign-up, 10:00am-1:00pm, Mary Norton Hall*

Short (10-15 min) massage treatments focusing on relaxing the back, neck, and arms. Performed over clothing while you are seated in a chair.

**Reiki, with Julie Curreri**

*Rolling sign-up, 10:00am-1:00pm, Mary Norton Hall*

A non-intrusive method administered by either lightly "laying on hands" or placing hands slightly above the body for increased energy flow, balance and harmony.

**Manicures, Empire Beauty School**

*Rolling sign-up, 10:00am-1:00pm, Mary Norton Hall*

Relaxing manicure and hand massage.

**Acupuncture, with Karen Kirchoff**

*Rolling sign-up, 10:00am-1:00pm, Mary Norton Hall*

Short (20 min) sessions using small, thin needles to balance energy flow. Performed over clothing.

**Henna Tattoos, with Dr. Shamaila Khan**

*Rolling sessions, 10:00am-11:00am, Mary Norton Hall*

Get a 'Boston Strong' Henna tattoo or another symbolic representation of your liking. Henna tattoos are a non-permanent dye or stain on the top layer of skin. Tattoos will fade within 2-3 weeks.

**Yoga, with Michael Thomas**

*Sessions at 10:15, 11:00, 11:45, 12:30, Mary Norton Hall*

Trauma-informed 30 minute yoga classes on mats or chairs will be available. Classes will be suitable for participants of all levels of disability or yoga experience.

**Progressive Muscle Relaxation, with Dr. Nyssa Green**

*Sessions at 10:15am and 11:45am, Prayer Room*

Systematic tensing and relaxing of muscle groups to promote relaxation. Performed in small seated groups.

**Meditation, with Tom Hogan**

*Sessions at 11:00am and 12:30pm, Prayer Room*

Guided group meditation to promote relaxation and balance. Performed seated.

**Harp Music, by Marisa Brown Ludwig, (Open to the public)**

*10:00am-11:30am, Sanctuary*

Listen to the soothing and meditative sounds of the harp.

**Sanctuary Tours, (Open to the public)**

*10:30am-11:30am*

Tours of the Sanctuary of the beautiful Old South Church will be offered by Church staff

**One Boston: A Service of Resilience** 1:45pm, Sanctuary

Open to the public and live-streamed by NECN. CART services will be available for those with hearing impairments.

**Statewide Moment of Silence and Reflection** 2:49pm

Old South Church Tolling of Bells by a Survivor of the Boston Marathon Bombings

**Reception for Survivors** 3:00pm-5:00pm, Mary Norton Hall, in Old South Church

