Join The Student Wellness Network!

We strive to promote awareness of all aspects of wellness and to develop interactive & educational programs for the BGSU community. Meetings held Tuesdays at 7:45 PM in the Student Recreation Center Conference Room. For more information, please contact Colleen Fitzgibbons at gcipria@bgsu.edu.

January is Cervical Cancer Awareness Month

• Get vaccinated early
• Get the Pap test regularly
• Get the HPV test when recommended

What is Cervical Cancer?

• Cervical Cancer is a type of cancer that occurs in the lower portion of the uterus and is caused by the human papillomavirus (HPV). If left untreated, the virus can progress to cancer.
• An estimated 10 percent of women worldwide are infected with HPV. Infection is highest in women under the age of 30.
• To be infected with the type of HPV that causes cervical cancer, you have to have direct genital contact with an infected partner.
• You can help prevent cervical cancer with regular screening tests such as a Pap test and the HPV test.

HIV TESTING
FREE & CONFIDENTIAL

Appointments Available
Fridays 9:30 am-3:30 pm
Call the Wellness Connection at 419-372-9355 to schedule an appointment!

Healthy Weight Week
January 19-22, 2010

Tuesday, Jan. 19:
Lunch with a Dietician
12:30 PM at the Sundial

Wednesday, Jan. 20:
Brown Bag Lunch Presentation
12-1PM at BTSU 306

Thursday, Jan. 21:
Recreation Center Preview Day
Register to win a free spring exercise pass

Friday, Jan. 22:
Chef Table Demonstration
11:30 AM - 1:30 PM at McDonald

Also, take advantage of Healthy Meal Deals:
Only a Penny Per Calorie!
Available at McDonald, Kreischer Sundial
c7 Founders

Erase the Stigma

Come join the Student Wellness Network in an eye-opening panel discussion about mental health! Perspectives will be given from students who have experienced a mental illness & a representative from the BGSU Counseling Center will be able to answer questions about the impact of mental illness.

Join us for this educational and enlightening evening! If you have any questions, please contact Colleen Fitzgibbons at wellnet@bgsu.edu.

DO YOU HAVE “CONDOM SENSE”?

The Condom Sense Program provides discounted male condoms to students at BGSU.

Membership includes $0 latex condoms for $10 and a fun, educational program on the proper use of condoms!

For more information contact the Student Wellness Network at wellnet@bgsu.edu

Brought to you by the Wellness Connection with the Department of Recreation and Wellness, Division of Student Affairs
214 Student Recreation Center ◆ Phone: 419.372.9355 (WELL) ◆ www.bgsu.edu/wellness