**Kick the Habit!**

Smokers are most successful in kicking the habit when they have some means of support, such as:

- Nicotine replacement products
- Smoking cessation counseling
- Stop-smoking groups
- Prescription medicine
- Guide books
- Encouragement and support from friends and family members

**The Facts About Smoking**

- Smoking-related diseases cause an estimated 440,000 American deaths each year.
- Smoking cigarettes kills more Americans than alcohol, suicide, car accidents, AIDS, homicide, and illegal drugs combined.
- Smoking greatly increases your risks for lung cancer and has also been linked to breast cancer.
- Secondhand smoke causes about 3,400 lung cancer deaths in non-smoking adults.
- Quitting reduces your risk of arterial disease, heart attack and stroke.

**Benefits of Going Smokefree**

1. Not smoking lowers the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung diseases.
2. You will protect the health of those around you by not exposing them to secondhand smoke.
3. You will save money - $1,600 a year on cigarettes alone for the average smoker.
4. You will breathe easier, cough less and have more stamina.
5. Your skin and teeth will improve.
6. Your breath smells better.
7. Sharper sense of taste and smell.
8. Hair, clothes, and house will smell better.
9. You will add years to your life.

**Give Thanks, Give Life**

On November 20, Students for Organ Donation will be celebrating the kick off to the holiday season by giving thanks to Organ Donors and signing up new donors. Come celebrate with us as we decorate Thanksgiving turkey handprints to be displayed in the Union in honor of those who’ve chosen to give life this holiday season. It only takes a few minutes, so come on out. Give Thanks, Give Life.

**Vegan Expo**

Visit the Vegan Expo Nov. 17 on the first floor of the Union outside the Falcon’s Nest. BGSU Dining will be offering samples and demonstrations of vegan options that are available across campus!

Visit www.dineoncampus.com/bgsu for more information!

**Flu Season Tips:**

- Wash hands regularly
- Stay home from class if you are sick
- If you have flu-like symptoms go to the Student Health Service or call 419-372-2271 for an appointment
- Cough & sneeze into your sleeve
- Use the buddy system! Get a “flu buddy” where you pair up to care for each other if one of you becomes ill.

**Unique Holiday Gift Ideas**

The BGSU Clay Club will be hosting it’s 13th Annual Holiday Sale from December 3rd-3th!

Where: Fine Arts Bldg, Rm 1218
When: Thursday 10am-6pm, Friday 10am-10pm and Saturday 11am-5pm
Support BGSU students and find a unique gift for everyone on your list!

**WANT TO EDUCATE OTHER STUDENTS?**

Take HHS 4400!

**Peer Education**

- ★Raise awareness & educate others on various wellness topics
- ★Strengthen your public speaking, group facilitation & leadership skills
- ★Serve as a resource & positive role model to your peers

As a Peer Educator students will:

- Present on various wellness topics, including nutrition, sexual assault, sexual health, body image, fitness, alcohol & drugs
- Assist in the planning of Wellness Connection and Student Wellness Network events and programs

For more information call the Wellness Connection at 419-372-9355 or visit our website www.bgsu.edu/wellness

**Upcoming Events:**

November 19, 2009
The Great American Smokeout
Quit smoking for the day or support your friends and family!

Visit www.twitter.com/BGSUwellness