Heart Healthy Facts
- Heart disease is the number one killer in both men and women.
- Doctors recommend you get at least 30 minutes of exercise a day.
- Walking, biking, jogging, dancing, swimming & many other activities can help your heart!
- A healthy diet can also help prevent heart disease. Include more foods that are high in nutrients such as fruits, vegetables, whole grains & fish.
- Quit smoking! Your heart will thank you. The health benefits start almost immediately, and within a few years of quitting your risk of stroke and heart disease are similar to non-smokers.

Black History Month
In honor of Black History Month, please attend Accomplished African American Men: A Rich Legacy on February 11 in the BTSU Theater. The panel will begin at 7:00pm followed by a brief question-answer session and a small reception in the Theater lounge. For further information go to http://www.bgsu.edu/blackhistorymonth/.

Men can be “One Less,” too!
Gardasil is now licensed, safe, and effective for males 9-26 years old, as well as females. Three sets of shots are needed to help protect against genital warts, pre-cancer, and cervical cancer. Studies show no serious side effects. Call the Student Health Service at 419-372-2272 to make an appointment. Check with your insurance company because it could be a covered benefit.

Do you have “CONDOM SENSE”?
The Condom Sense Program provides discounted male condoms to students at BGSU.
Membership includes 52 latex condoms for $10 and a fun, educational program on the proper use of condoms!
For more information contact the Student Wellness Network at wellness@bgsu.edu

National Wear Red Day
Heart disease is the #1 killer of women and one in four women will die from heart disease. On February 5th, wear red in support of women’s awareness of heart disease. Please visit www.nhlbi.nih.gov/health/hearttruth for more information about National Wear Red Day and heart disease.

Sexual Responsibility Week
February 8-12, 2010

Valentine’s Day
• Worldwide, over 50 million roses are given for Valentine’s Day each year.
• To be awoken by a kiss on Valentine’s Day is considered lucky.
• It is believed that on Valentine’s Day, the first man’s name you read in the paper or hear on the TV will be the name of the man you will marry.
• The Italian city of Verona, where Shakespeare’s lovers Romeo and Juliet lived, receives about 1,000 roses for Valentine’s Day each year.

National Wear Red Day
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Did You Know...
February is National Boost Self-Esteem Month?

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!