September • Campus Safety Month

Brought to you by the Wellness Connection and Recreation and Wellness • 214 Student Recreation Center • Phone 372-9355 (WELL) • www.bgsu.edu/wellness

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

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 wellness@bgsu.edu or call 419-372-9355.

STALL TALK
Your source of health events news and tidbits
SEPTEMBER • CAMPUS SAFETY MONTH

Campus Safety Tips
1. Keep phone numbers of the campus police and campus escort in your cell.
2. Walk with someone else, especially after dark.
3. Call the Campus Escort crew or public safety if you need to walk home alone in the dark.
4. Stay in well-lit areas and use routes that are heavily traveled.
5. Be aware of your surroundings and walk confidently with a purposeful stride.
6. Make it tough for someone to take you by surprise - don’t wear headphones.
7. Have ID and keys ready before you get to the door so you don’t have to search for them.
8. Always lock your door, especially when you’re sleeping or you go out.

Know Your Rights!
How to Survive a Police Encounter
Practical advice about a student’s constitutional rights during police encounters within the city of Bowling Green. Resources available throughout student legal services. Sept. 23 2 p.m., 115 Business Administration

Campus Safety Numbers
CAMPUS POLICE
419-372-2346
BG POLICE
419-352-2571
CAMPUS ESCORT
419-372-8360
2-RISE
419-372-RISE
I.C.E.
IN CASE OF EMERGENCY
A FRIEND TO CALL IN CASE OF AN EMERGENCY

IMPORTANT SAFETY NUMBERS

Breakfast Fun Facts!
- Why should I eat breakfast?
  • Eating breakfast has proven to
    - Improve attitude toward work
    - Increase productivity
    - Improve ability to handle tasks that require memory
- What should I eat for breakfast?
  • Protein
    - Egg
    - Cheese
    - Low fat yogurt
    - Peanut Butter
  • Whole Grain
    - Contain more fiber and nutrients and digest more slowly for longer lasting energy and provides a longer lasting feeling of ‘fullness’
    - Breads/Bagels/Tortillas
    - Cereals-watch sugar content, should have at least 5 grams of fiber per serving
  • Fruits/Vegetables
    - Whole fruit/fresh fruit cups
    - Smoothies
    - Vegetable omelets/frittatas
    - Low sodium vegetable juices

BUT...
- ‘I don’t like to eat first thing in the morning’...
  Just try eating a small piece of fruit, whole grain toast, or string cheese. Later when you are hungry you can have a snack. Think of it as having two ‘mini’ breakfasts...
- ‘I don’t have enough time in the morning’...
  Get organized the day before. Set out or prepare/pack breakfast items the night before then in the morning just grab & go. Keep it simple.
- ‘I’ll gain weight’...
  There is no scientific evidence that eating breakfast will make you gain weight, however there is evidence that the contrary is true. People that skip meals on a regular basis tend to make poor snack choices and over consume calories at their next meal.
- ‘I don’t like breakfast food’...
  Breakfast can be whatever you make it as long as your selections are nutrient dense and fit into your lifestyle. These could include-cold pizza, whole grain tortillas with peanut butter, lean deli mea in a whole grain pita. Think outside of the cereal box!

Alcohol 101
Come Learn More About the Effects of Alcohol.
5 p.m. 119 Olscamp Hall
This workshop will explore alcohol use, abuse and dependence. Consequences of alcohol use will also be discussed.

Don’t Miss:
Weed & Tobacco Prevention Information Session
Tuesday, Sept. 28, 2010, 12:30-1:30, EC 113
BGSU Tobacco Free Campus Initiative

Talk SEX with the Student Wellness Network
Student Wellness peer educators and BGSU faculty/staff will answer your questions about sex, relationships and much more!
Wed Sept. 22nd at 9p.m.
117 Olscamp Hall

BGSU Text Message Alert System
Sign up Now for Alert BG!
You will receive text messages to warn of such situations as campus emergencies, building closures, severe weather and classes canceled.
To sign up visit the MYBGSU site.

Importantly, to everyone:

Everyone needs a healthy breakfast!

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