SAAM 5K AND DOG WALK
Date: Saturday, April 20
Time: 5K - 10:00 AM
Dog Walk - 10:15 AM
Location: Beginning at the SRC and continuing throughout the BGSU Campus
Cost: Student 5K Run/Walk: $10
Student Dog Walk: $10
Non-Student 5K Run/Walk: $15
Non-Student Dog Walk: $15
Show your support for Sexual Assault Awareness Month and stay active by participating in the SAAM 5K and Dog Walk! This event is a fundraiser and benefit for the SAAFE Center in Wood County, which provides crisis intervention and emotional support for victims of sexual assault, stalking, sexual harassment and sex trafficking. Registration is required and can be completed online at bgsu.edu/offices/sa/recwell/wellness/page127179.html or at the SRC Front Desk. Participants receive a t-shirt and dogs receive a bandana.
For more information:
Laura Lauer
llauer@bgsu.edu

BEAT THE HEAT: HOW TO SURVIVE FINALS WEEK
Here are some ways you can relax during finals week chaos:
• **Communicate With Professors**: Talk with professors about in-class issues; they are there to help.
• **Get Enough Sleep**: Staying up late is not helpful. Sufficient sleep helps the mind focus.
• **Take Short Breaks**: Studying non-stop is not helpful. After a long period, your concentration is broken and the material that you are studying is not retained.
• **Choose Your Environment Carefully**: Don't start studying anywhere. Find a quiet place where you can concentrate without any distractions.

BYSTANDER INTERVENTION
STRIVE TO BE THE OWL!
Have you ever witnessed an event that made you feel uneasy? Did you intervene or think about intervening? Bystander intervention is the act of assisting someone in an emergency. There are 5 intervention styles people use when intervening. What animal are you like? We all portray different animals at different times, but we should strive to be the owl.

ARE YOU LIKE A FOX?
“I have a mind of my own.”
Do you:
• Intervene when needed and consider the best approach?
• Voice opinions and express true feelings?
• Avoid peer pressure?
If yes, you are like a FOX.

ADVANTAGE
You use five decision-making steps.

DISADVANTAGE
You compromise relationship goals.

YOU NEED
Experience.
Not everyone does everything right, but with experience you can become the owl. Look for the next Stall Talk to see what animal is featured next!

CLOTHESLINE PROJECT
Date: Thursday, April 18
Time 11:00 AM – 4:00 PM
Location: Education Building Lawn
The campus community is invited to view the Wood County Clothesline Project Display. The Clothesline Project is a visual display that bears witness to violence against women. During a public display, a clothesline is hung with t-shirts. Each t-shirt within the display has been decorated to represent a particular woman's experience and has been designed by the survivor herself or by someone who cares about her. The event is sponsored in part by the SAAFE Center and the Drug, Alcohol and Sexual Offenses Coalition.
For more information:
Wellness Connection
419.372.9355

FREE COUNSELING SERVICES
The School of Intervention Services is offering FREE counseling! Counselors-in-training provide support for all kinds of personal issues.
For more information and appointment scheduling:
Dr. Courtney Holmes
courtmh@bgsu.edu
419.372.7294