GET FALCON FIT!
Have you ever wanted to take a fitness class but wasn’t quite sure where to start? Or do you just want to push yourself to the next level? The Student Recreation Center has an amazing fitness team equipped with personal trainers and group exercise instructors ready to cater to your needs. Whether you need a beginner class or are looking to push yourself further, the SRC offers great cardio and strength classes that are designed with you in mind. Not interested in a group setting? No problem! Personal training sessions are also available for you or a group of your closest friends. Check out www.bgsu.edu/offices/sa/recwell/fitness for a list of classes and descriptions or contact Stephanie at ssaliga@bgsu.edu for more information.

FREE & CONFIDENTIAL HIV TESTING
Appointments Available Fridays 9:30 AM - 3:30 PM. Call the Wellness Connection at 419.372.9355 to schedule an appointment.

HOW BUSY IS THE REC? MOBILE SITE WITH LIVE STATS!
A new mobile site allows visitors to see what areas of the Student Recreation Center are busy so members can plan to get their exercise without getting stuck in the crowd. RecStats indicates how many people are in each area of the facility. Color-coded gauges on the screen show the size of the crowd. The site can be accessed from smartphones using a shortcut URL or by scanning the QR code above!

FOLLOW BGSU FITNESS ON TWITTER!
Receive updates on group exercise and personal training!
www.twitter.com/BGSUFitness

ARE YOU A “SEXPERT?”
Attend the annual Talk Sex with the Student Wellness Network event on Wednesday, September 19, at 9:00 PM in room 115 Osclamp. Students can find answers to their questions about sex and relationships from a panel of “Sexperts” from the Student Wellness Network peer educators and BGSU faculty/staff. Free safer-sex kits are available as well as “Sexpert” t-shirts for $10. Sponsored by Recreation and Wellness and the Student Wellness Network. For more information, contact Caroline at kellerc@falcon.bgsu.edu.

STAYING SAFE ON CAMPUS
• Always lock the doors to your room and your car.
• Do not keep your valuable items in plain sight.
• Travel in well-lit areas on sidewalks and travel in groups.
• Report any incident that you see happen on or off campus to authorities.

DO YOU HAVE CONDOM SENSE?
The Condom Sense Program provides discounted male condoms to students at BGSU. Students can buy packs of 50 condoms for $10 in the Wellness Connection. Pay by cash (exact change is preferred) or check (made payable to the Student Wellness Network). No sign-ups, memberships, or quizzes required! For more information contact the Student Wellness Network at wellnet@bgsu.edu or stop by the Wellness Connection in 214 Student Recreation Center.

HAVE YOU READ YOUR STUDENT HANDBOOK?
Learn more about:
• Codes of Conduct
• University Residence Policies
• Alcohol Policies
• Academic Support Services
• Campus Services and Programs
• Public Safety
Visit the Student Conduct website at www.bgsu.edu/offices/sa/studentconduct to view the Student Handbook.

STUDENT RECREATION CENTER HOURS:
Mon-Thurs: 6:00 AM-10:00 PM
Friday: 6:00 AM-9:00 PM
Saturday: 12:00 PM-9:00 PM
Sunday: 12:00 PM-10:00 PM

LIKE US ON FACEBOOK!
www.facebook.com/bgsuWellnessConnection

FOLLOW THE WELLNESS CONNECTION ON TWITTER!
www.twitter.com/BGSUwellness

A WELLNESS CONNECTION PUBLICATION
214 Student Recreation Center
www.bgsu.edu/recwell
wellness@bgsu.edu
419.372.WELL (9355)

“The groundwork of all happiness is health.”
- James Leigh Hunt