JANUARY: WELCOME BACK

THE COMMON COLD AND SEASONAL FLU

**Common Cold Symptoms:**
- runny or stuffy nose
- sore throat
- sneezing slight fever
- cough
- headache
- body aches mild tiredness

**Seasonal Flu Symptoms** are more severe:
- dry, hacking cough
- fever or chills
- sore throat
- muscle or body aches
- headache
- stuffy and runny nose
- profound fatigue
- vomiting
- diarrhea

**TIPS FOR FIGHTING THE FLU**
- Wash hands regularly.
- Cough & sneeze into your sleeve.
- Use the buddy system! It is recommended that you get a “flu buddy” where you pair up to care for each other if one of you becomes ill.
- Stay home from class or school if you are sick.
- If you have flu-like symptoms go to the Falcon Health center or call 419.372.2271 for an appointment.

**OUTDOOR PROGRAM JAN – FEB TRIPS**

**WINTER WATERFALLS**
January 31 | Hocking Hills, OH

**MIDNIGHT SNOWSHOEING**
February 11 | Forrest Dresen Golf Course

**DAY RAPPELLING**
February 28 | Hocking Hills, OH

**DAY ADVENTURE**
February 28 | Pinckney Recreation Area, MI

**BGSU RECOGNIZED FOR STUDENT WELLNESS**
The University's efforts to promote and enhance health among its student body have earned it bronze level accreditation from US Healthiest, a nonprofit dedicated to making the U.S. the healthiest nation in a healthier world.

**PEER EDUCATION INTENSIVE TRAINING**
Are you interested in health and wellness topics, like nutrition, fitness and safer sex? Want to become a peer educator but don’t have time to fit the HHS 4400 class into your schedule? By completing the peer education intensive weekend training, you can become a peer educator in one, weekend long, training session. A registration form is required to participate.

**UPCOMING CERTIFICATION CLASSES**

**BASIC FIRST AID FULL COURSE**
Thursday, January 15 | 4:00 PM - 9:00 PM

**CPR FOR THE PROFESSIONAL RESCUER WITH AED FULL COURSE**
Saturday, January 17 | 12:00 PM - 5:00 PM
Thursday, February 12 | 4:00 PM - 9:00 PM

**CPR FOR THE PROFESSIONAL RESCUER WITH AED CHALLENGE**
Wednesday, January 14 | 5:00 PM - 9:00 PM
Thursday, February 5 | 5:00 PM - 9:00 PM

**LIFEGUARD TRAINING FULL COURSE**
Saturday - Sunday, February 14, 15, 21, 22 | 9:00 AM - 3:00 PM

For More Information:
Student Recreation Center | 419.372.2000 | smicha@bgsu.edu

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For More Information:
Outdoor Program | Perry Field House | 419.372.8044
Register Online: rectrac.bgsu.edu

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**Did you know?**
BGSU students overestimated the percentage of their peers that drank in the past 30 days.

For More Information:
Faith Yingling | faithy@bgsu.edu
Follow us on Twitter: @FalconsFlock

**FALCONS FLOCK TOGETHER**
An alcohol use and abuse prevention program tearing down barriers and misconceptions of high-risk drinking. Flock together to reduce risks associated with alcohol.

For More Information:
Faith Yingling | faithy@bgsu.edu
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**Did you know?**
In 2010, approximately 7 million Americans (12+) abused a prescription drug medication.

**A Wellness Connection Publication**
214 Student Recreation Center | www.bgsu.edu/recwell | wellness@bgsu.edu | 419.372.WELL (9355)

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