SUPER BOWL SAFETY

Team didn’t make it to the playoffs? That’s okay, there’s always next year. Make sure you live long enough to see it. Always drive sober or find a sober driver. Be a team player by finding a sober ride home after the game. By making the right choice, you’re keeping the roads safe, and that’s even better than a touchdown.

Police don’t throw penalty flags for drunk driving. They throw you in jail.

For More Information:
Sandy Wiechman | 419.372.9353 | swiechm@bgsu.edu

PARTY SMART VIDEO CONTEST

Educate BGSU students how to party smart and avoid alcohol abuse and misuse.

For Rules and Entries: www.bgsu.edu/wellness

Submission Deadline: Thursday, February 18 | 5:00 PM

GIFT CARD PRIZES!
1st Place - $700
2nd Place - $200
3rd Place - $100

For More Information:
Sarah Music
smusic@bgsu.edu

HEALTHY HEART WALK: NATIONAL WEAR RED DAY

Friday, February 5 | 11:30 AM – 1:00 PM
Eppler South Gym Track

Let’s unite to prevent heart disease and stroke, the leading cause of death for both men and women. Celebrate National Wear Red Day by joining us for a short walking break, healthy snacks, and healthy heart resources. Wear red to be entered into a raffle for prizes.

FIRST AID AND CPR CERTIFICATION

Basic First Aid teaches the knowledge and skills necessary to give basic first aid care in an emergency situation.

Thursday, February 11 | 4:00 PM - 9:00 PM

CPR with AED for the Professional Rescuer teaches how to respond to breathing and cardiac emergencies in adults, children, and infants.

Wednesday, February 3 | 4:00 PM - 9:00 PM

Details: www.bgsu.edu/recwell
Register online: rectrac.bgsu.edu

GROUP X

BODYPUMP™ CLASS

BODYPUMP™, a breakthrough in resistance workout training, focuses on low weight loads and high repetition movements to challenge all major muscle groups. Burn fat, gain strength and quickly produce lean body muscle conditioning.

Mondays: Noon - 12:45 PM | 7:15 - 8:15 PM
Tuesdays: 8:30 - 9:30 AM
Wednesdays: 7:15 - 8:15 PM
Thursdays: Noon - 12:45 PM
Saturdays: 12:30 - 1:30 PM

How do you maintain wellness or fitness in your life as a college student? Share your motivation and photos with us to be part of the Wellness Connection’s #WellnessCrushOfTheWeek. Complete the online form, tell us a little bit about yourself, and watch to see when you are a winner. Weekly crushes are featured within the Student Recreation Center and on Wellness Connection social media outlets.

Online Form: bgsu.edu/recwell/wellness

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

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