WHEN YOU MOVE OUT, DON’T THROW IT OUT!

Beginning on April 17, donate re-usable items and non-perishable food to WYMODTIO to benefit local non-profits! Donation boxes can be found in residence halls, the Bowen-Thompson Student Union, and Outtakes.

For More Information:
Carina Weed | cweed@bgsu.edu
Office of Sustainability

PERFECT YOUR GOLF SWING

Enjoy the weather at Forrest Creason Golf Course! The course offers 18 holes, a driving range, and four sets of tees. Play a round of 9 or 18 holes while walking or riding. Private lessons, group lessons, and memberships are also available.

Call for Tee Times: 419.372.2674
Online Tee Times: rectrac.bgsu.edu

PARTNER PERSONAL TRAINING SPECIAL

Workout with your friends and a personal trainer with this special offer: six, one-hour training sessions for only $65/person!

Register at the SRC Welcome Desk.

For More Information:
Corey Feasel, Fitness GA | feaselc@bgsu.edu

FIRST AID, CPR, AED CERTIFICATION COURSE

Saturday, April 22 | 9 AM - 1 PM | SRC

Gain knowledge and skills necessary to give basic first aid care in an emergency situation and help sustain life and minimize the consequences of injury or sudden illness until medical help arrives.

For More Information:
Jeff Blumenthal | 419.372.7475
jmlume@bgsu.edu

Register Online: rectrac.bgsu.edu

SLEEP AWARENESS WEEK | APRIL 23 - 29

Healthy Sleep Tips:

• Be consistent with sleep schedule: Go to sleep at night, and wake up in the morning at the same time every day if possible.
• Have a good environment for sleep: Sleep in a place that is quiet, dark, and a comfortable temperature.
• Use bed for sleeping ONLY: Using your bed for other activities like homework, TV, meals, etc. correlates active tasks with your bed, making it harder to sleep when you want to.
• Avoid large meals and alcohol before sleeping: Excessive alcohol before bed prevents REM sleep, and having large meals before sleep causes weight gain, insomnia, and heartburn.

GROUP TALK WITH BGSU COUNSELING CENTER & MULTICULTURAL AFFAIRS

The Counseling Center and the Office of Multicultural Affairs invite students of color to share their experiences in a safe and supportive environment. We are here for you, regardless of whether you are looking for a place to ponder in silence or connect with others.

• Math/Science Building, room 318
• Refreshments provided
• Wednesday, April 19 | Noon
• Tuesday, April 25 | 11 AM
• Wednesday, May 3 | 12 PM

For More Information:
Nidaa Shaikh | nshaikh@bgsu.edu

U DRIVE. U TEXT. U PAY.

3,477 people were killed and 391,000 injured in motor vehicle crashes involving distracted drivers in 2015. When you text and drive, you become a danger to everyone on the road around you. Texting while driving is dangerous, and getting caught can be expensive.

Save your money, and maybe save a life—your text message can wait.

A message from Safe Communities of Wood County.