ZUMBA® CERTIFICATION
Become a licensed Zumba® instructor and enhance your leadership skills, understanding of group exercise principles, and ability to build relationships with others. Attend the one-day training course at the BGSU Student Recreation Center on May 20 to earn your Zumba® teaching license, learn the basic Zumba® steps, music, choreography, and the Zumba® formula.

For More Information: Adrienne Ansel, Fitness Student Supervisor aansel@bgsu.edu

GET AHEAD WITH SUMMER CLASSES
Take advantage of BGSU Summer Session to speed up degree completion, ease course load, and benefit from smaller classes. Choose from the extensive schedule of undergraduate and graduate courses offered in 3 to 8 weeks.

3 - Week Session: May 15 - Jun 2
12 - Week Session: May 15 - Aug 4
First 6 - Week Session: May 15 - Jun 23
8 - Week Session: Jun 12 - Aug 4
Second 6 - Week Session: Jun 26 - Aug 4

LIFEGUARD TRAINING COURSES
Full Course
Friday, May 5 | 7 - 8 PM
Saturday, May 6 | 9 AM - 4 PM
Sunday, May 7 | 9 AM - 4 PM
Saturday, May 13 | 9 AM - 4 PM
Sunday, May 14 | 9 AM - 4 PM

Learn how to react in an aquatic emergency, gain certification in Sports Safety Training and CPR/AED for the Professional Rescuer.

Review Course
Saturday, May 20 and 21 | 9 - 4 PM
Renew lifeguard, first aid, CPR/AED Certifications.

For More Information: Jeff Blumenthal | 419.372.7475 jmblume@bgsu.edu
Register Online: rectrac.bgsu.edu

HEALTHY RELATIONSHIP TIPS
Initiate the conversation. Starting a serious conversation with a loved one, friend, or acquaintance, is a challenging act. Here are some tips when trying to solve conflict:
- Start with positive comment
- Make “I feel” statements
- Be honest in a nice way
- Do not accuse
- Be willing to listen
- Be open to other perspectives
- Be respectful

FINAL WEEK SURVIVAL TIPS
- 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 just anywhere. Find a quiet place where you can concentrate without any distractions.

STUDENT STUDY BREAK SPECIAL
Enjoy the weather at Forrest Creason Golf Course with this special from April 28 to May 7.
9 Holes Riding: $15 | 18 Holes Riding: $20
Tee Times: 419.372.2674 | rectrac.bgsu.edu

MAY IS MOTORCYCLE SAFETY AWARENESS MONTH
Motorcyclists have all the same rights and privileges as any motor vehicle driver on the roadway. This means they are entitled to their space on the road, no matter the size of their ride. This also means that they must follow the same road laws as other vehicles, including keeping a safe distance from other vehicles.

During Motorcycle Safety Awareness Month in May and during the rest of the year - drivers of all other vehicles must follow the same road laws as motorcyclists, including keeping a safe distance from other vehicles.

A message from Safe Communities of Wood County.

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

FREE GROUP X | MAY 1 - 5
Enjoy any Group Exercise class for free during finals week.

SUMMER KIDS CAMP
New friends, unique experiences and fun!
- Eight, week-long, themed camps beginning June 5
- Discounts for children of BGSU staff and students
- Optional before and after care
- Enrollment forms available online or register at the Student Recreation Center

For More Information: kidscamp@bgsu.edu

GET YOURSELF TESTED
- STDs are common. 1 in 2 sexually active people will get an STD by the age of 25. Most young people with an STD do not even know they have it.
- If you have sex, use protection each and every time. Barriers (like condoms and dental dams) can help prevent STD infections- the pill, patch, shot, IUDs, and implants prevent against pregnancy, but not STDs.
- Don’t assume you’ve already been tested. Ask to be tested for STDs by your doctor or nurse.
- A lot of STDs do not have any symptoms so getting tested is the only way to know for sure.
- The good news is that most health effects of STDs can be treated. Many STDs are even curable.