FEBRUARY IS AMERICAN HEART MONTH

In the United States, heart disease is the leading cause of death for men and women. Every year, 1 in 4 deaths are caused by heart disease.

To help prevent heart disease:

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- If you drink alcohol, drink only in moderation
- Manage stress

EATING DISORDERS AWARENESS WEEK
February 26 - March 4

In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life, including anorexia nervosa, bulimia nervosa, binge eating disorder, or an eating disorder not otherwise specified. In a national survey, four out of ten people reported that they either suffered or had known someone who has suffered from an eating disorder.

For More Information:
BGSU Counseling Center
419-372-2081

SEXUAL ASSAULT AWARENESS MONTH 5K AND DOG WALK
April 1 | 10 AM | Student Recreation Center

Registration is now open! Register by March 1 to receive a t-shirt.

BGSU students: $12 | Faculty/Community Members: $20

Register Online: https://goo.gl/lrcTEH or in person at the Perry Field House or Student Recreation Center.

BIG PLAYGROUND
Friday, February 24 | 10 PM - 1 AM | Perry Field House

Enjoy a dance contest with prizes, free food, giveaways and inflatables.

Register for the Dance Contest: goo.gl/PKr5gQ

A MESSAGE FROM SAFE COMMUNITIES OF WOOD COUNTY

Buzzed driving is drunk driving. Designate a sober driver.

DON'T LET FAT TUESDAY TURN INTO SORRY WEDNESDAY.
PROTECT YOUR BEADS. DON'T DRIVE DRUNK THIS MARCH GRAB.

FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

In a national survey, 1 in 10 teens reported being hit or physically hurt, kissed, touched, or physically forced to have sexual intercourse when they did not want to at least once by someone they were dating in the 12 months.

What you can do:

- Teens often think some behaviors, like teasing and name calling, are a “normal” part of a relationship. However these behaviors become abusive and develop into more serious forms of violence.
- Victims of teen dating violence are more likely to experience symptoms of depression and anxiety. They might also engage in unhealthy behaviors, such as using tobacco, drugs, and alcohol.

DANCE MARATHON
Register for Ziggython 2017, April 8 - 9 at the Perry Field House. Proceeds benefit Mercy Children’s Hospital.

Register Online: goo.gl/ZFs4at