

Spring WellAware Employee Health and Wellness Events

Free Faculty and Staff Summer Fitness Program

Yoga and Tone and Stretch and Piyo every Tuesday and Thursday until August 5:15 pm-6:00 pm contact cspont@bgsu.edu to sign up.

Open Walking at Eppler Track

Monday-Friday 11:30 am- 1:00 pm -Eppler South Gym – ES 200

Free Session with a Registered Dietitian

Call 372-2271 to schedule your appointment

Weight Watchers at Work

Tuesdays from 12 pm -1 pm in the Student Union

Safety Workshops

To schedule call Environmental Health and Safety at 372-2171

\$20 Employee Group Fitness Pass

All fitness classes at the Rec Center. No membership required! Passes available at the Rec Center front desk.

Free, Confidential HIV Testing at the Wellness Connection

Call 372-9355 to schedule your appointment

*** For more information on employee wellness events and for health and wellness resources please visit-
www.bgsu.edu/wellaware**

**“I pay
more
attention
to my
weight
and diet
choices”
-WellAware
Program
Participant**