

WELLNESS MADE EASY FOR GREEK-LETTER ORGANIZATIONS

SEXUAL HEALTH

1. Condoms! Your Greek House Staff has condoms for your house. Don't be afraid to use these!
2. Stall Talk – Keep your chapter updated on wellness issues in a place you know they will read – THE BATHROOM!
3. FREE and Confidential AIDS Testing – Receive results within 30 minutes with this oral swab test. Every Friday from 9:30 am to 4:00 pm by appointment only.
4. Sex-Tac-Toe Presentation for your Chapter! Have one of the Peer Educators come to your chapter to learn more about various sexually transmitted infections with this interactive program.
5. Routine women's Health Exams and Testicular Cancer screenings are offered in the Student Health Care Center.
6. Volunteer at the Susan B. Komen bus event, September 27, 2006 from 10am-3pm. Even one hour would be an awesome help and would be great publicity for your chapter!

NUTRITION

1. Buy Healthy Snacks! Use your chapter's food budget wisely. Ask your cook to buy more health-conscious foods.
2. Low Fat Options – Ask your cook to prepare a low-fat option along with the additional options. You will be surprised how much a simple choice makes a difference!
3. Water – Throw away the soda! Buy bottles of water for your house, whether it's for recruitment, meals or a chapter event.
4. On-Campus Eating – Do you know how to eat healthy on campus? It's hard but this session will talk about healthy eating in college, options on-campus and eating on the run.
5. Provide breakfast for your chapter! It's the most important meal of the day.
6. Confidential On-line Support for Eating Disorders through the Wellness Connection.
7. Have the Wellness Connection Peer Educators do a presentation on nutrition for your chapter. Peer Educators also provide workshops on Alcohol, Drugs, Sexual Health, Body Image, and Hygiene. Contact Andrea Colcord at acolcor@bgsu.edu.
8. Make an appointment with a campus dietician through the Wellness Connection. 419-372-WELL.

ALCOHOL

1. Fatal Vision Goggles – This interactive presentation for your chapter uses “beer goggles” to demonstrate visual impairment from alcohol consumption.
2. Hang a banner during National Collegiate Alcohol Awareness Week that shows your support. Oct 15-21. 2006.
3. Join Bacchus/Gamma! Bacchus Gamma is a national student organization that holds fun, educational events about alcohol and drug awareness, sexual health, nutrition, and healthy lifestyles. The Gamma was actually formed to be the Greek Life part to the organization so get involved! Meetings-Tuesdays 8pm in the Wellness Connection. Contact Jeannie Sabaroff at jmsabar@bgsu.edu
4. AlcoholEDU – This Population-Level Prevention® program is designed to be the cornerstone of your prevention efforts, challenging students' expectations around alcohol while enabling students to make healthier and safer decisions.
5. Promote and attend PARTY SMART – October 18th is a night-out for BG students.

DRUGS AND SUBSTANCES

1. Let's Clear the Air – Smoking and You- This interactive presentation is on college students and smoking, prevention efforts, and ways to quit smoking! Sign up now for a healthier lifestyle.
2. Contact the Wellness Connection's Chemical Dependency Counselor, Carrie Dowling, to speak at your chapter. 419-372-WELL

SELF DEFENSE

1. Free Self –Defense workshop for women -- The workshop will teach mental, verbal, and physical defense skills. This is a great way to get your chapter involved! Contact the SHARE Program at 419-352-9504.

SEXUAL ASSAULT

1. Have SAIN (Sexual Assault Information Network) or MEMSPA (Men Educating Men on the Prevention of Sexual Assault) come in to do a presentation on Sexual Assault. MEMSPA is especially good for a fraternity.
2. Become a part of SAIN or MEMSPA. Contact Julia Metcalf at juliacm@bgsu.edu.
3. Become a SAFE (Sexual Assault Awareness for Empowerment) Advocate. 419-352-1545.
4. Have a SHARE program member come in to give education to your chapter. 419-352-9504 ext. 3542.