

WELLNESS MADE EASY FOR GREEK-LETTER ORGANIZATIONS

SEXUAL HEALTH

1. Condoms! The BGSU Pharmacy in Student Health Services has free condoms for your use. Don't be afraid to use these! Other forms of contraceptives are available with a prescription.
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 Monday from 9:30 – 1pm & Friday from 10:00 – 3:30pm. Call 419-372-9355 to schedule an appointment.
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. Contact Faith Yingling, faithy@bgsu.edu
5. Routine women's Health Exams and Testicular Cancer screenings are offered in the Student Health Care Center.

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 and Red Bull! Buy a water filter pitcher 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? Schedule an appointment with a dietitian by calling 419-372-2271. She is also available to give a presentation to your chapter.
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 Faith Yingling, faithy@bgsu.edu

ALCOHOL

1. Fatal Vision Goggles – This interactive presentation for your chapter uses “beer goggles” to demonstrate the effects of alcohol consumption. For Peer Educators to assist with this program, contact Faith Yingling, faithy@bgsu.edu
2. Hang a banner during National Collegiate Alcohol Awareness Week (in October) to show your support.
3. Try the e-CHUG survey on the Wellness Connection website to determine your level of alcohol dependence compared to the national norm.
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 each fall. This event is co-sponsored by Greek Affairs and serves to educate BGSU students on responsible alcohol use.

DRUGS AND SUBSTANCES

1. Clear the Air – Professional staff members of the Wellness Connection are available to present to your chapter about tobacco and other drugs.
2. Contact the Wellness Connection’s Chemical Dependency Counselor, Carrie Arndt, 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. MEMPSA is especially good for a fraternity. Contact Zabrina Andres at zandres@bgsu.edu
2. Join SAIN or MEMPSA.
3. Join the Student Wellness Connection by contacting Amanda Lynch at anlynch@bgsu.edu
4. Become a SAFE (Sexual Assault Awareness for Empowerment) Advocate. 419-352-1545.
5. Have a SHARE program member come in to give education to your chapter. 419-352-9504 ext. 3542.