




# Stall Talk

• Your source for health events, news and tidbits •  
*January • Welcome Back!*



**FREE • Confidential HIV Testing**  
 Ora Quick Advance Rapid HIV Test  
 Mondays 9:30 am - 1:00 pm  
 And Fridays 9:30 am - 3:30 pm  
 Wellness Connection  
 Room 214 Student Rec Center  
 Call the Wellness Connection  
 at 419-372-9355  
 to schedule your 30 minute appointment.




## THE WELLNESS CONNECTION HAS MOVED!

We are now located in room 214 of the Student Rec Center (next to the basketball courts). The Wellness Connection still offers the same great services.

- Free confidential HIV testing
  - Peer Education
  - Variety of health and wellness resources and programming
  - And of course Stall Talk!
- We are excited about the wonderful opportunities ahead. Please come visit us in our new home!



## Top New Years Resolutions of 2009

- Make more time for family and friends
- Quit smoking
- Start exercising
- Get out of debt
- Advance in your career
- Community involvement
- Quit drinking
- Lose weight

## Want to be a Peer Educator?

### Come to the Peer Educator Training Sessions!

**Feb. 7** from 10:00 am-6:00 pm  
**AND Feb. 8** from 1:00-6:00 pm

- This intensive weekend training will provide you the knowledge and skills needed to present educational health and wellness programs to the BGSU community.
- Stop in at the Wellness Connection in the Student Recreation Center to fill out a registration form and return it to the Wellness Connection by January 30th.

## Wellness Tip of The Week

*Brought to you by the Student Wellness Network*

**Snack Healthy:** Stock up on healthy and nutritious energy bars with plenty of protein and without too much sugar. Other nutritious and handy foods include dry roasted nuts(unsalted), whole grain cereal, fresh fruit, celery, carrot sticks and low-fat yogurt.

## Alert BG

BGSU Text Message Alert System

### Have You Signed Up? Sign up Now for Alert BG!

You will receive text messages to warn of such situations as campus emergencies, building closures, severe weather and classes canceled.

To sign up visit the MYBGSU site.

## Join The Student Wellness Network!

- We strive to promote awareness of all aspects of wellness and to develop interactive & educational programs for the BGSU community.
- Meetings held **Tuesdays at 7:30 pm** in the Student Rec Center Conference Room. For more information, please contact president Amanda Lynch at [anlynch@bgsu.edu](mailto:anlynch@bgsu.edu).

## Child free by Choice Group

**Starts January 22 and continues every 2nd and 4th Thursday from 6-7:00 p.m.**

**Women's Center 108 Hanna Hall  
Contact: Jodi Thomas**

- 419-372-2081
- [jodit@bgnet.bgsu.edu](mailto:jodit@bgnet.bgsu.edu)

## READY TO BECOME A NON-SMOKER?

### Let us help!

*Come to an informational meeting  
Friday January 30  
@ 4 pm  
Student Health Service  
Conference Room  
Room 170  
Health Center Building*

*Call the Wellness Connection  
for more information  
419- 372-9355*

## Winter Safety Tips

- Dress in layers and wear boots with non-skid soles
- Walk on sidewalks if possible
- Don't wear a hat or scarf that blocks your vision or makes it hard for you to hear traffic
- Before you step off the curb, make sure the on-coming traffic has come to a complete stop
- If possible, avoid going outside for extended periods of time in extreme cold weather.
- Get out of wet clothes immediately and warm the core body temperature with blankets or warm fluids.



Brought to you by the Wellness Connection and Recreational Sports

• Room 214 Student Rec Center • Phone 372-9355 (WELL) • [www.bgsu.edu/wellness](http://www.bgsu.edu/wellness)