



# STALL TALK



Your source for health events, news and tidbits

## DECEMBER • HIV/AIDS AWARENESS

### Want to educate other students?

Take HHS 440!

#### Peer Education

- Raise awareness & educate others on various wellness topics
- Strengthen your public speaking, group facilitation & leadership skills
- Serve as a resource & positive role model to your peers

#### As a Peer Educator students will:

- Present on various wellness topics, including nutrition, sexual assault, sexual health, body image, fitness, alcohol & other drugs
- Assist in the planning of Wellness Connection and Student Wellness Network events and programs

For more information call the Wellness Connection at 419-372-9355 or visit our website [www.bgsu.edu/wellness](http://www.bgsu.edu/wellness)

### Did You Know...

- i There are one million people in the United States living with HIV/AIDS.
- i 33 million people are living with HIV/AIDS in the world
- i One study has shown that one in 500 college students are infected with HIV
- i One in four living with HIV do not know their status
- i HIV is the leading cause of death in college aged African American women.

### FYI

The Wellness Connection will be moving to a new location as of January 12, 2009. The Wellness Connection will then be located at the Student Recreation Center on the main floor.

### What is HIV?

HIV stands for human immunodeficiency virus. This is the virus that causes AIDS. HIV attacks the immune system. The immune system gives our bodies the ability to fight infections. HIV finds and destroys a type of white blood cell (T cells or CD4 cells) that the immune system must have to fight disease.

### Get Your Flu Shot!

Flu shots are being offered by the Student Health Service to BGSU students, faculty/staff, spouses, alumni and retirees. Please have your university ID with you. In addition to being offered at the Student Health Service flu shots are being offered at various locations. Visit [www.bgsu.edu/wellness](http://www.bgsu.edu/wellness) to see all location sites and times as well as payment options.

### FREE • Confidential HIV Testing

Ora Quick Advance Rapid HIV Test  
Monday, Dec. 1  
9:30 a.m. to 1:00 p.m.  
Wellness Connection  
Room 170 Health Center  
Call the Wellness Connection at 419-372-9355 to schedule your 30 minute appointment  
Get a FREE safer sex kit!



### What is AIDS?

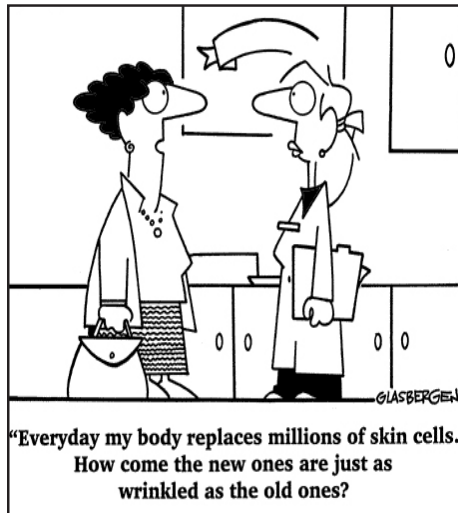
AIDS stands for acquired immunodeficiency syndrome. AIDS is the final stage of HIV infection. It can take years for a person infected with HIV, even without treatment, to reach this stage. Having AIDS means that the virus has weakened the immune system to the point at which the body has a difficult time fighting infection. When someone has one or more specific infections, certain cancers, or a very low number of T cells, he or she is considered to have AIDS.

### BGSU Legend

#### Falcon Flames



Many alumni met their soul mate while attending BGSU or married someone who also had earned a degree from the university. A name for these couples was decided as Falcon Flames. As of Nov. 2004 there are 10,192 BGSU Falcon Flame couples living throughout the world. This translates to 20,384 students meeting their future spouse while on campus or after graduation. Of these 20,384 individuals, 19,844 are still living. The group is formally recognized as an alumni society through the BGSU Alumni Association.



### Wellness Tip of The Week

Brought to you by the Student Wellness Network

**Wash your hands.** Studies have shown that simple hand washing can help prevent a large number of illnesses. So wash your hands, especially any time you'll be touching your nose, mouth, or eyes or if you've been around others who are sick.

