

# BGSU | RECREATION and WELLNESS

## BGSU Faculty and Staff Wellness Incentive Entry Form

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Event Attended \_\_\_\_\_

Date of Event \_\_\_\_\_

Please return completed form by Thursday April 29th to The Wellness Connection (Room 214 Rec Center) to be entered into drawing for great prizes including a Full-Year Individual Membership to the Rec Center!

One entry per session attended. Don't forget there are several ways to enter!

- Health and Safety Classes at Rec Center Healthy Weight Week Events (Jan. 19-22)
- Weight Watchers at Work
- Women's Center Brown Bag Luncheons
- Free Session with a Personal Trainer
- "Walk the Walk" with the Trainer Program
- Free Employee Fitness Classes
- Safety Trainings
- Free Session with a Registered Dietitian
- Group Exercise Classes at Rec Center
- Open Walking at Perry Field House
- Free HIV Testing at Wellness Connection
- Free Psychology Weight Loss Program
- Walking at Eppler Track
- Healthy Weight Week

Wellness Connection

Phone: 419.372.9309

Fax: 419-372-9444

Email: [cspons@bgsu](mailto:cspons@bgsu)

Mail: 214 Student Recreation Center

1411 Ridge Road

Bowling Green, OH 43403



[bgsu.edu/recwell](http://bgsu.edu/recwell)