STALL TALK
YOUR SOURCE OF HEALTH NEWS, EVENTS AND TIDBITS

STEP UP STEP IN
Do your part by stepping up or stepping in to create a culture of shared respect at BGSU.
Take action if you see incidence of relationship violence, sexual assault, stalking, or sexual harassment.
#StepUpStepIn
www.bgsu.edu/stepupstepin

INTRAMURALS
The Intramural sports program provides students/faculty/staff a wide variety of competitive activities for players of all skill levels and interests.
Golf Tournament
(Doubles, Foursome) (Men’s and Women’s leagues)
Registration Open: Sep. 5 - 12
Season Play: Sep. 15 and 16
Plan ahead for Flag Football, Futsal, 3v3 Basketball, and Ultimate Frisbee in October.
$30 per player per semester
$50 per player per academic year

Register Online: IMLeagues.com

CARNIVAL FUN!
Join BGSU College of Health and Human Services as they showcase their programs, student organizations, and faculty. Enjoy food and carnival games!
Friday, Sep. 1, 5 - 7 PM
College of Health and Human Services Lawn

GROUP X CLASSES
Achieve fitness goals while exercising in a fun, motivational environment! Group X is results oriented and includes a wide variety of classes including Zumba®, Pound®, Turbokick®, and Total Body Tone.
View Class Schedule:
www.bgsu.edu/recwell/falcon-fitness/group-fitness

BECOME A PEER EDUCATOR
Looking to get involved on campus, strengthen public speaking skills, and make new friends? Attend the training weekend with Wellness Connection.
Saturday, Sep. 16 and Sunday, Sep. 17, Noon - 6 PM
Student Recreation Center Conference Room
Register Online: goo.gl/vbZJGh
For More Information:
Faith DeNardo: 419.372.9351 | faithy@bgsu.edu

OUTDOOR PROGRAM TRIPS
Get outside to enjoy nature, develop outdoor skills, and learn to respect the environment by enrolling in an Outdoor Program Trip.
Moonlight Canoeing:
Friday, Sep. 8 or Saturday, Sep. 9
Hiking and Camping
Saturday, Sep. 16 and Sunday, Sep. 17
Stargazing and Hiking
Friday, Sep. 22 - Sunday, Sep. 24
White Water Rafting
Saturday, Sep. 30
Fall Break Backpacking
Saturday, Oct. 7 - Monday Oct. 9
For More Information:
www.bgsu.edu/recwell/outdoor-program/trips

SEPTEMBER 10 - 16 IS NATIONAL SUICIDE PREVENTION WEEK
Simple expressions of care are powerful, and YOU can make a difference in someone’s life.

CHECK OUT THE REC!
August 21 - December 15
Visit the SRC for a wide variety of ways to stay healthy and active.

SRC Facility
M - Th | 5:30 AM - Midnight
F | 5:30 AM - 9 PM
Sa | 10 AM - 9 PM
Sun | Noon - 10 PM

Cooper Pool
M - Th | 6 AM - 9 PM
F | 6 AM - 8 PM
Sa/Sun | Noon - 4 PM

Andrews Pool/Outdoor Courtyard
M - Th | Noon - 9 PM
F | Noon - 8 PM
Sa/Sun | Noon - 4 PM

Climbing Wall
M - W | 7 - 10 PM
Sun | 2 - 5 PM

View Details:
www.bgsu.edu/recwell

COOL OFF WITH DANCE MARATHON
Dance Marathon wants to welcome you back to campus with free popsicles! Meet the team and cool off under the sun.
Friday, Sep. 1, 11:30 AM - 3 PM
Union Oval

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