Join BGSU It’s On Us
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. The organization spreads awareness and inspires the BGSU community to do something, big or small, to prevent sexual assault.
Weekly Meetings: Thursday, 2 - 3 PM, Hayes Hall 203

Maintain Don’t Gain: 10/22/18 - 1/28/19
Worried the holidays are going to weigh you down? Join the “Maintain, Don’t Gain” Challenge as an individual or team and receive accountability and motivation to engage in healthier behaviors this holiday season!
• All weights are kept confidential.
• Free and available to all BGSU faculty, staff, and students.
• Receive practical tips, recipes, physical activity suggestions, great workouts, and opportunities to participate in free instructor led classes.
• All teams or individuals who maintain or lose weight during the holiday season qualify for select raffle prizes.

2017 - 2018 Program Highlights
• 88% of participants maintained or lost weight
• As a group, participants lost 275 pounds!
Register by attending a pre-holiday weigh-in. First Weigh-In: Mon, Oct 22 | 11:30 AM - 1PM Business Administration 117 Visit bgsu.edu/wellaware for more dates and times.

A Wellness Connection Publication
214 Student Recreation Center | wellness@bgsu.edu 419.372.WELL (9355)

Submit to Stall Talk
Share events and information with the BGSU campus community!
Online Form: goo.gl/uR0fFe

Teaching Kitchen
Are you interested in learning how to cook? Are you looking for a fun date night idea or maybe just want to sharpen your knife skills? Join us in the Teaching Kitchen at BGSU! A few of our upcoming classes include:
• Athlete’s Class- Fueling for a Successful Season
• Pumpkin Pie from Scratch
• Heart Healthy Dining
• Native American Culture
• Dining with Diabetes
• Healthy Holiday Treats
And much, much more! All classes are meal plan friendly (you can use swipes or falcon dollars to pay).
REGISTER ONLINE: new.bgsudining.com/teachingkitchen

Hydration Station
If you are interested in being a part of helping the BGSU campus and community shift the way sexual assault is thought about, then join the It’s On Us committee as we serve water and It’s On Us information outside Founders Hall from 9:30 PM - 12 AM on Wednesday, October 31.
GET INVOLVED: Jordyn Dwyer - Graduate Assistant | jrdwyer@bgsu.edu

National Collegiate Alcohol Awareness Week
Monday, October 15
Candy Cab
12 - 3 PM | Union Oval

Medical Amnesty: Policy Information
11:30 AM - 1:30 PM | BTSU Tables
Tuesday, October 16
Is it worth it? Lessons learned from a BGSU Alumn
7 PM | Business Administration Building 112

Wednesday, October 17
Candy Cab
12 - 3 PM | Union Oval

Medical Amnesty: Policy Information
11:30 AM - 1:30 PM | BTSU Tables
Thursday, October 18
Fatal Vision with BGSU Police Department
11:30 AM - 1:30 PM | Union Oval

Friday, October 19
Candy Cab
12 - 3 PM | Union Oval

Stop by any of this week’s events and receive an alcohol poisoning signs and symptoms magnet or key tag.

Start the Conversation
Help create a Community of Care at BGSU and make sure no falcon struggles unnoticed and alone! Participate in Interactive Training Sessions with the Humanities Troupe and BGSU Counseling Center Staff. Learn how to identify the warning signs of people who may be struggling and how you can help. Simple expressions of care are powerful and YOU can make a difference in someone’s life!

Fall Semester Dates and Times
Monday October 29, 1PM-2:30PM BTSU 315
Thursday November 29, 8PM-7:30PM BTSU Theater
FOR MORE INFORMATION: bgsu.edu/startthecommunication

Intramural Sports
Register your teams for the last set of intramural sports of the Fall semester.
• Kickball | Register 10/16 - 10/24
• Wiffleball | Register 10/16 - 10/24
• Indoor Soccer | 10/16 - 10/24
REGISTER ONLINE: IMLeagues.com

Visit bgsu.edu/startthecommunication

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