



# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by ATOD & Wellness Coaching at the Center for Health and Well-Being — May 6, 2024

## Alcohol, Tobacco, & Other Drugs Events

### De-Stress Fest

Monday, May 6 from 1-4pm

Folger Student Center

Free tarot card readings, chair massages, crafts, games, snacks, candy, & more!

# De-Stress Fest



STRESSED OVER SCHOOLWORK?

LOOKING FOR A WAY TO RELAX?

FREE TAROT CARD READINGS

FREE CHAIR MASSAGES

JOIN US FOR DE-STRESS FEST!

MONDAY, MAY 6TH

1:00P - 4:00P

FOLGER STUDENT CENTER

THERAPY DOGS & CRAFTS

COTTON CANDY AND SNACKS!

## Wellness Coaching Program



### What is Wellness Coaching?

Wellness Coaching uses evidenced-based skillful conversation and principles of positive psychology to assist in identifying areas of concern and developing a wellness vision and goals to make positive behavior changes. This is a free service for IUP students!

Wellness Coaching services will be offered virtually or in person for IUP students! You can sign-up for an Initial Appointment here.



Please email us at [well-coaching@iup.edu](mailto:well-coaching@iup.edu) or sign up through the QR code!

## TROPICAL MOCKTAIL



Sparkling or regular lemonade

Raspberries

Chopped strawberries

Ice

Garnish with orange slice



Alcohol, Tobacco, & Other Drugs  
[atod-oasis@iup.edu](mailto:atod-oasis@iup.edu)  
Suites on Maple East G-57/G-56  
@iupatod



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