S.T.A.H.L. NEWS

Students Talking About Healthy Lifestyles...Words of Whiz-Dom

Brought to you by Health AWAREness, Center for Health And Well-Being August 27, 2012

The Center for Health And Well-Being (CHWB) Is Here To Serve You!

Whether you are a returning student or a new face to IUP, one building you must learn about is The Center for Health and Well-Being (CHWB), located in Suites on Maple-East.

While you face test after test, both academically and personally, the Center is here to provide personal wellness by offering services for your total well-being: physically, mentally, and emotionally.
www.iup.edu/chwb

Recreation

Need to have fun while sculpting your body?! Sign up for a class, take a dip in the pool at Zink, or go to www.iup.edu/recreation and click on Fitness to see what you can do. Spaces fill up fast! On-line sign-up starts September 5, 2012
www.iup.edu/recreation

Nutrition Connection-Opens October 1!

Is sponsored by the Department of Food and Nutrition and offers:
* Nutrition Assessment
*Intervention
*Individual counseling.
Services are provided by senior Food and Nutrition students who are supervised by faculty.

Call 724-357-4797
www.iup.edu/foodnutrition click on services

The Counseling Center

We allow students the opportunity to integrate their personal goals with their academic goals. We provide Individual/Group Counseling and consultations.
Call for an appointment: 724-357-2621
www.iup.edu/counselingcenter

Tobacco Cessation

We strive to educate students about effects of tobacco use and promote a tobacco-free environment and lifestyle by providing students with access to tobacco cessation services.
Call: 724-357-1265
www.iup.edu/atod click on PA-S.W.A.T.

ATOD
Alcohol, Tobacco, and Other Drugs

We offer individual consultations and educational programs on alcohol, tobacco, and other drug issues to students. We also offer a Resource Library on our website.
Email atod-oasis@iup.edu or call 724-357-1265
www.iup.edu/atod

The Haven Project

Freshmen, if you liked us at orientation, you'll LOVE us now! Returning students, we brought you RAINN DAY, TAKE BACK THE NIGHT, The Green Light Campaign, and more!! Working with The Alice Paul House and The Counseling Center, we provide confidential and free services to anyone that has experienced violence. Call us for help or to schedule a workshop for your floor or organization.
Call 724-357-4799
www.iup.edu/haven

IUP HAVEN PROJECT
Supporting Survivors
Stopping Violence

Health Service

Our goal is to help students be successful by maintaining and improving their health and wellness. Services include: * Flu shots
* TB tests * Plan B * STD tests *Pregnancy test
* Women's exams * Basic injury and illness care
* Transportation for medical services
* Allergy shots.....AND MORE!
Call 724-357-2550 or walk in any weekday between 9am—4pm
www.iup.edu/healthservice

STAHL News is brought to you by the Haven Project Peer Educators. We are located in G59 Suites on Maple-East.