



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 26, 2013

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. Visit www.iup.edu/chwb for more information.

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 or: 724-357-2621 www.iup.edu/counselingcenter

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 to make an appointment, or walk in any week day between 9 am—4 pm www.iup.edu/healthservice



The Haven Project

If you liked us at orientation, you'll LOVE us now! We host events, such as RAINN DAY, TAKE BACK THE NIGHT, IUPeace Week and so much more!!

Working with The Alice Paul House and The Counseling Center, we provide confidential and free services to anyone that has experienced violence. Call 724-357-4799 for services. Help is always available. Call the Alice Paul House 24/7 Hotline at 724-349-4444 anytime! www.iup.edu/haven

Health AWAREness

You're already getting to know Health AWAREness just by reading this! WE GOT YOU! We bring you a variety of AWAREness Campaigns, such as World AIDS Day and Love Your Body Week! We offer individual consultations for health issues like: pregnancy, STI's, contraception, and healthy relationships. We also offer fun and informative educational programs! www.iup.edu/healthawareness



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

Recreation

Need to have fun while sculpting your body?! Visit www.iup.edu/recreation to see what you can do. Try a fitness class — spaces fill up fast! — or check out sports equipment for drop in recreation. www.iup.edu/recreation

Nutrition Connection

Is sponsored by the Department of Food and Nutrition. Services are provided by senior Food and Nutrition students who are supervised by faculty. Call 724-357-4797 for the following service: * Nutrition Assessment * Intervention * Individual counseling. www.iup.edu/foodnutrition — click on services

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. www.iup.edu/atod click on PA-S.W.A.T.

Visit the CHWB website for more information

