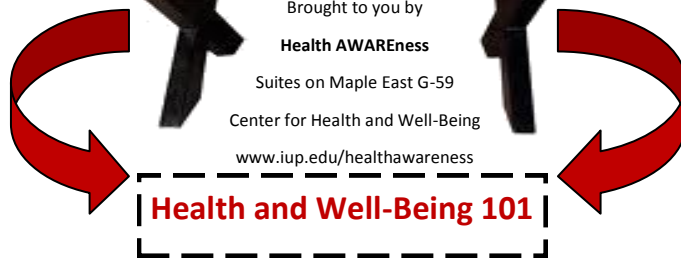


Tabletop Talks



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 CHWB is here to provide personal wellness by offering services for your total well-being: physically, mentally, and emotionally.

Most services of the CHWB are supported by student wellness fees

Health Service provides basic injury and illness care Mon.-Fri. between 9am-4pm.

The Counseling Center provides individual and group counseling and consultations.

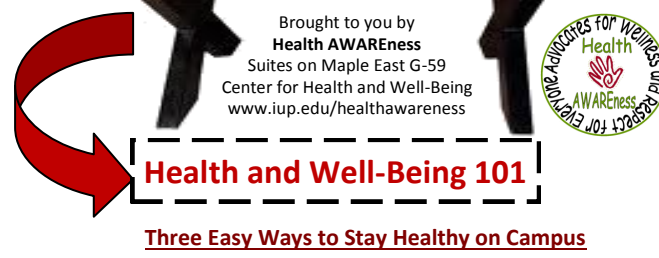
The Haven Project provides free & confidential services to victims of violence and education on domestic/sexual violence and stalking.

Visit www.iup.edu/chwb for services to support your health and well-being.



Your health and well-being is important!
 You can take a free, anonymous, mental health screening at:
<http://www.mentalhealthscreening.org/screening/IUP>
This screening is provided so that you may find out—in a few minutes—whether or not professional consultation would be helpful to you.

Tabletop Talks



Three Easy Ways to Stay Healthy on Campus

Eat Right. A healthy diet can help you maintain your weight and improve your overall health. Always eat breakfast, never skip meals, and try your best to avoid the late-night food cravings.

Get Active. An easy way to get exercise on campus is to walk! Take the longer route to class or take the steps instead of the elevator.

Think Healthy. Make healthy lifestyle choices. For example, alcohol is considered an empty calorie because it has little nutritional value. Water is healthier and has 0 calories!

The CHWB is here to help!

Nutrition Connection offers support to students interested in healthy eating habits and weight management.

Recreational Programming offers fitness/aquatic classes and informal recreation.

ATOD has a great online resource library and can assist you if alcohol, tobacco, or other drugs are having a negative impact on your life.

Visit www.iup.edu/chwb for services to support your health and well-being.