

# 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 — September 30, 2024

### Alcohol, Tobacco, & Other Drugs Events

#### Homecoming Tables:

Friday, September 27 from 1:30-3:30pm Jane Leonard  
Tuesday, October 1 from 12:30-3:30pm Library  
Friday, October 4 from 1:30-3:30pm Jane Leonard

#### Game Night with MVRC & Haven Project


Thursday, October 3 at 6:30pm MVRC Maple East

#### Bingo

Homecoming Fun — Friday, October 4 at 9:30pm HUB Ohio  
Pink Friday — Friday, October 11 at 9:30pm HUB Ohio  
Gift Card Bonanza — Friday, October 18 at 9:30pm HUB Ohio


#### Open Mic Night

Every Monday at 8pm Folger Student Center



## MONOPOLIZE YOUR HOMECOMING!

- Pace and space drinks
- Use the buddy system
- Eat before drinking
- Have a designated driver
- Engage in low-risk behaviors
- Watch your drink
- Know your limit
- Avoid mixing drugs
- Practice abstinence




### SUPER MARIO

#### MOCKTAIL

- Blue syrup
- Lemonade
- Ultra red monster
- Ice Cubes




### RAINBOW ROAD

#### MOCKTAIL

- Ice Cubes
- Airhead Xtremes
- Pink lemonade
- Peach juice
- Coconut cream



## THE GAME OF WELLNESS COACHING

**WHAT IS IT?**  
Wellness Coaching is a chance to work through goals without having to commit to therapy. Our coaches use Motivational Interviewing skills and techniques to help you find short-term solutions to your concerns. This is a free service for IUP students!

**HOW DO I SIGN UP?**  
Please email us at [well-coaching@iup.edu](mailto:well-coaching@iup.edu) or scan the QR code:



**HOW LONG IS IT?**  
You will complete an initial appointment, 3 sessions with a wellness coach, and a post-session survey.

## MORE PUNS!

DON'T SUFFER FROM HERD MENTALITY.  
MAKE YOUR OWN DECISIONS TO STAY SAFE.

GUESS WHO'S B.A.C. IS DIFFERENT FROM EVERYONE ELSE'S. YOURS.

MONOPOLIZE YOUR HOMECOMING WEEKEND BY CHOOSING SAFE CHOICES.

AVOID AN OPERATION. KNOW YOUR LIMIT.

YOU LOWER YOUR RISK WHEN YOU DON'T MIX.

**HAVE FUN & STAY SAFE THIS HOMECOMING!**

SUBMIT A SUBSTANCE-FREE PUN BASED ON THE HOMECOMING THEME "BOARD & CARD GAMES".  
WINNERS PICKED OCT. 12

SEND SUBMISSIONS TO [LHRBC@IUP.EDU](mailto:LHRBC@IUP.EDU)



Alcohol, Tobacco, & Other Drugs  
[atod-oasis@iup.edu](mailto:atod-oasis@iup.edu)  
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[@iupatod](https://www.instagram.com/iupatod)



Wellness Coaching Program  
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