



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by The Office of Student Wellness — October 27, 2025

Alcohol, Tobacco, & Other Drugs Events

Halloween Week Fun

Wednesday, October 29th from 5:00-7:00PM at IUP's Student Veterans Organization's Trick or Treat night!

Thursday, October 30th from 10:30AM-1:30PM Halloween Table

Friday, October 31st from 11:30AM-1:30PM Halloween Table

BACCHUS Spooky Bingo Friday, October 31st

Support Your Spirit



A cozy Halloween movie night



Light a fall candle and unwind



Curl up with a good book



Carve or paint pumpkins with others



WELLNESS COACHING PROGRAM

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 or sign up through the QR code!



Alcohol contributes to over 1,500 deaths per year among college students.

Smoking a pack a day can cost over \$2,500 a year. Vaping can expose your lungs to toxic metals like lead and nickel.

Say
BOO
to Substance
Use

85% of violent incidents between 12:00-6:00AM are alcohol related.

Fentanyl is involved in over 80% of teen overdose deaths. Narcan can reverse it.

POTION COMMOTION: WHAT'S REALLY IN YOUR CUP?

DO YOU KNOW HOW MUCH IS 1 DRINK?



12 oz.
Beer



5 oz.
Wine



1.5 oz.
Hard Liquor (Vodka, Whiskey, Rum, Gin, Tequila)

MIXED DRINKS DON'T FIT THIS RULE. SCAN HERE TO SEE HOW MANY STANDARD DRINKS ARE IN YOUR CUP.



Alcohol, Tobacco, & Other Drugs
health--wellness@iup.edu
Suites on Maple East G-57/G-56
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