



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 — March 18, 2024

Alcohol, Tobacco, & Other Drugs Events

Tuesday, March 19

Table — 10am to 12pm at Stapleton Library

Wednesday, March 20

Table — 11am to 2pm at Jane Leonard Lobby

Wellness Bingo — 6pm to 8pm at Jane Leonard B10

Thursday, March 21

Table — 12pm to 3pm at Stapleton Library

Friday, March 22

Table — 11am to 1pm Suites on Maple East Lobby

Green Dot Bingo — 9:30pm at HUB Ohio Room

SAFE DRINKING TIPS

- If you choose to drink, have a designated driver
- Set a limit before you start drinking
- Eat food high in protein and drink water
- Don't accept open containers from people you don't know
- Alternate between alcoholic and non-alcoholic beverages
- Avoid mixing other substances with alcohol
- Be respectful of others, law enforcement, and police horses

SHAM-MOCKTAIL

- 3 cups mint chocolate chip ice cream
- 1/2 cup milk
- 1/8 teaspoon peppermint extract
- 1/8 teaspoon green food coloring
- Blend ingredients together, add more/less milk depending on thickness
- Add peppermint extract and green food coloring for desired taste and green color
- Serve and enjoy!



HOW TO STAY SAFE THIS ST. PATTY'S WEEKEND



WELLNESS COACHING PROGRAM



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 LONG IS IT?

You will complete an initial appointment, 3 sessions with a wellness coach, and a post-session survey.

HOW DO I SIGN UP?

Please email us at well-coaching@iup.edu or scan the QR code.



Alcohol, Tobacco, & Other Drugs

atod-oasis@iup.edu

Suites on Maple East G-57/G-56

@iupatod



INDIANA UNIVERSITY OF PENNSYLVANIA

Wellness Coaching Program

well-coaching@iup.edu

Suites on Maple East G-57/G-56

@iupatod