



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 — May 5, 2025

Alcohol, Tobacco, & Other Drugs Events

De-Stress Fest

Tuesday, May 6 from 1-4pm

Folger Student Center

Free tarot card readings, chair massages, crafts, games, snacks, candy, & more!

De-Stress Fest

Tarot Card
Readings



Join us for De-Stress Fest!

Tuesday, May 6

1:00pm to 4:00pm

Folger Student Center



Chair
Massages

Crafts &
Snacks

Therapy
Dogs

Wellness Coaching Program



What is Wellness Coaching?

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!

WATERMELON MOCKTAIL



Watermelon
juice

A splash of fresh
lime juice

La Croix

Ice

Garnish with
watermelon slice

Alcohol, Tobacco, & Other Drugs

atod-oasis@iup.edu

Suites on Maple East G-57/G-56

@iupatod



Wellness Coaching Program

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