

# Student Affairs: Weekly Digest

Volume 2, Issue 11  
Week of Jan. 25-Jan. 29

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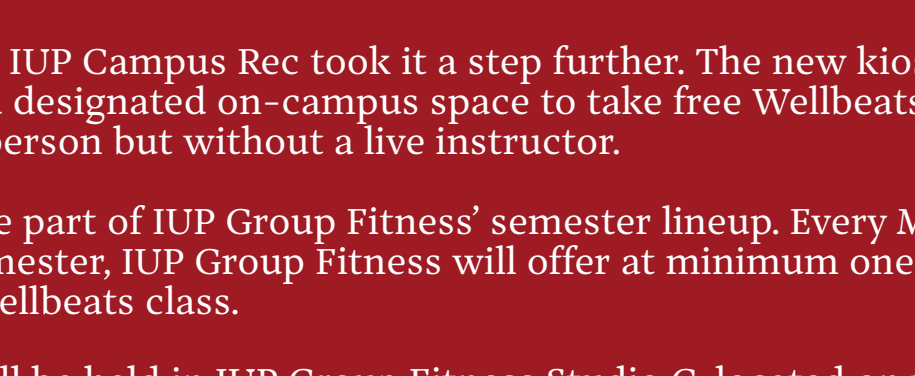
## Feature: Well, I'll be! It's Wellbeats!

Wellbeats has officially arrived, in-person, on the IUP campus! Well, kind of.

On January 14, IUP Campus Recreation Services completed installation of a Wellbeats virtual fitness kiosk that allows students to take in-person Wellbeats classes in the Hadley Union Building (HUB).

In-person, yet virtual? How can that be? Hear us out.

Wellbeats is an on-demand fitness platform with more than 500 workouts, nutrition, and mindfulness classes. Last semester, the Student Cooperative Association and IUP Campus Rec partnered with Wellbeats to provide all IUP students free remote access to the virtual platform from any personal device.



This semester, IUP Campus Rec took it a step further. The new kiosk provides all IUP students a designated on-campus space to take free Wellbeats virtual classes and do so in-person but without a live instructor.

The classes are part of IUP Group Fitness' semester lineup. Every Monday through Friday this semester, IUP Group Fitness will offer at minimum one daily, pre-determined Wellbeats class.

The classes will be held in IUP Group Fitness Studio C, located on the second floor of the HUB, above the HUB Fitness Center. Due to safety precautions in place, the maximum capacity will be limited to 10 participants. Access to the class will be granted on a first-come, first-served basis.

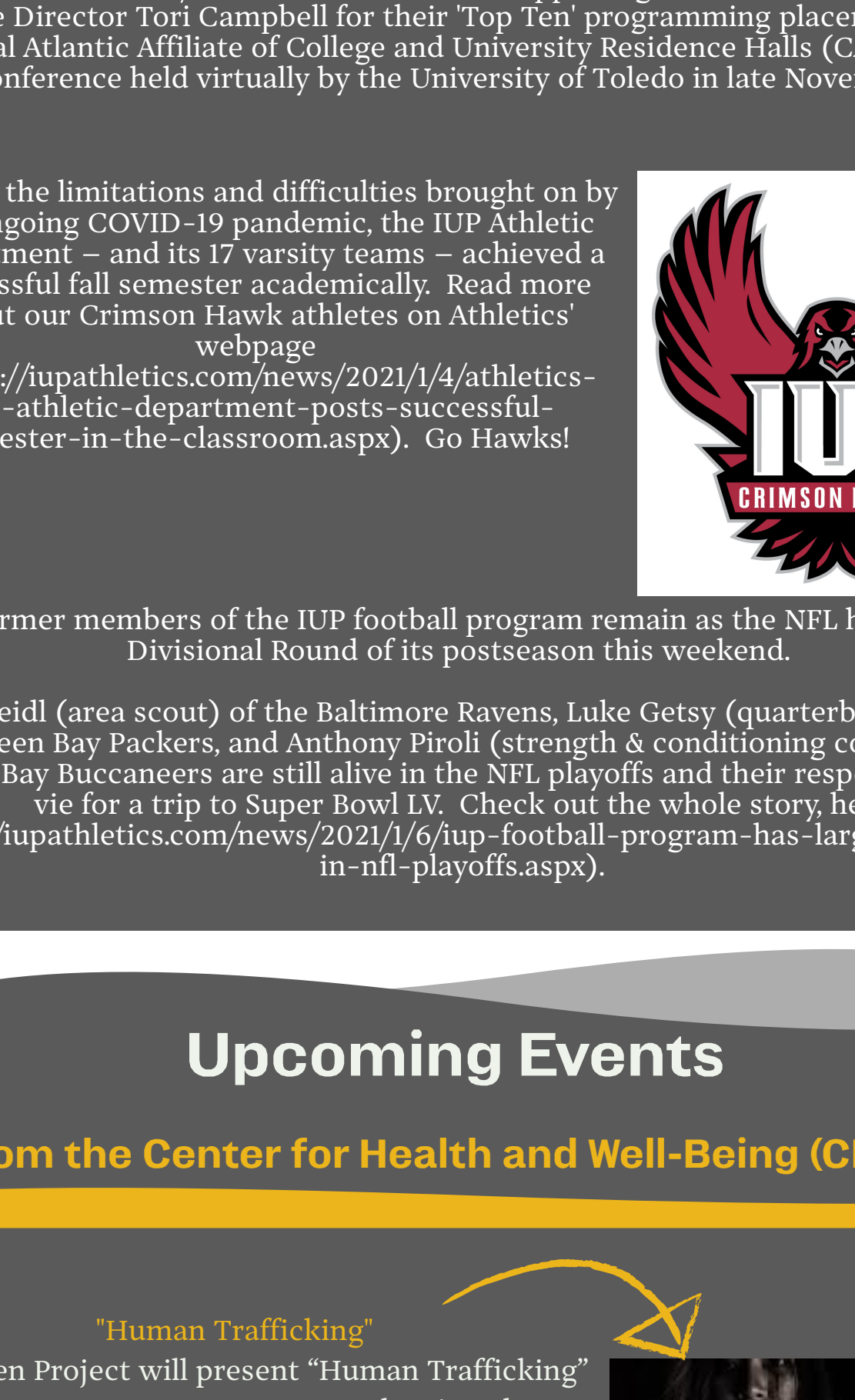
Students will also have an opportunity to personally reserve Studio C at no charge and take Wellbeats classes of their choosing – at a time of their choosing – with up to nine other participants. Reservations can be submitted through 25Live Pro at the following link: <https://25live.collegenet.com/pro/iup#/home/dash>.

To use this service, students simply need to create a Wellbeats account. All students have received an opt-in confirmation email with an invitation code, which will allow them to register at no cost. To use the kiosk, students will be prompted to login with their Wellbeats credentials.

Please refer any questions or concerns to Brandyn Ott ([b.pott@iup.edu](mailto:b.pott@iup.edu)) and/or Mike Carnovale ([mcarn@iup.edu](mailto:mcarn@iup.edu)). This service is funded by the Student Activity Fee.

## Updates

S.T.A.H.L. News has resumed publishing it's informational flyer for the spring semester. This week, The Haven Project provided content related to stalking for the January edition. Hard copies can be found in restrooms across campus.



## Achievements and Recognition

The Office of Housing, Residence Life and Dining wishes to congratulate Graduate Residence Director/RHA Advisor Annika Philippe-Auguste and Suites on Pratt Graduate Director Tori Campbell for their 'Top Ten' programming placements at the Central Atlantic Affiliate of College and University Residence Halls (CAACURH) conference held virtually by the University of Toledo in late November.

Despite the limitations and difficulties brought on by the ongoing COVID-19 pandemic, the IUP Athletic Department – and its 17 varsity teams – achieved a successful fall semester academically. Read more about our Crimson Hawk athletes on Athletics' webpage (<https://iupathletics.com/news/2021/1/4/athletics-iup-athletic-department-posts-successful-semester-in-the-classroom.aspx>). Go Hawks!



Three former members of the IUP football program remain as the NFL heads into the Divisional Round of its postseason this weekend.

Kevin Weidl (area scout) of the Baltimore Ravens, Luke Getsy (quarterback coach) of the Green Bay Packers, and Anthony Piroli (strength & conditioning coach) of the Tampa Bay Buccaneers are still alive in the NFL playoffs and their respective teams vie for a trip to Super Bowl LV. Check out the whole story, here (<https://iupathletics.com/news/2021/1/6/iup-football-program-has-large-presence-in-nfl-playoffs.aspx>).

## Upcoming Events

### From the Center for Health and Well-Being (CHWB)

#### "Human Trafficking"

The Haven Project will present "Human Trafficking" on Tuesday, January 26, at 8:00 pm. The Virtual Upsilon Sigma presentation is sponsored by members of Chi Upsilon Sigma. Attend to learn what human trafficking is, the different types of trafficking, who is vulnerable, how traffickers coerce their victims to gain control, how to stay safe, and how you can identify someone who may need help. Link: <https://iupvideo.zoom.us/j/99455840819>



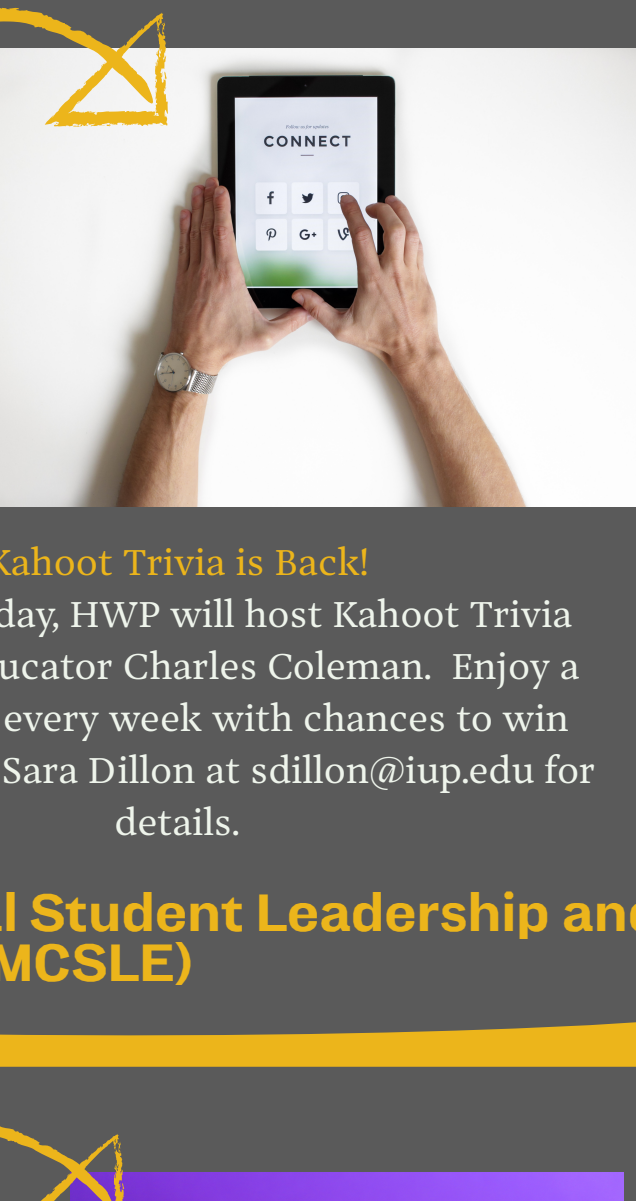
#### Healthy Relationships Volunteer Training

A Healthy Relationships Volunteer Training, via Zoom, will be hosted by the Haven Project on Thursday, January 28, at 5:00 pm. The warning signs of an unhealthy relationship will be discussed, what constitutes a healthy relationship, and where to get help (either on or off campus) if you need it. Upon completion, you will be eligible to volunteer for the Haven Project to help spread awareness on campus so everyone knows how to identify the red flags of an unhealthy relationship. Link: <https://iupvideo.zoom.us/j/99455840819>

#### Student Wellness Series

BACCUS, Student Wellness and Engagement, and the Office of LGBTQIA Support will sponsor this three-part series via Zoom (ID: 353 513 4930). Each session will start at 7 pm.

- Wednesday, Feb. 3: Cannabis on Campus: What Students Should Know
- Tuesday, February 9: Fact vs. Fiction: The Truth About Drug Use In Marginalized Populations
- Wednesday, February 17: Supporting LGBTQIA Community: Addressing Substance Use Issues



### BACCHUS ZOOM BINGO! NEW TIME! Fridays 9:30 PM - WIN Giftcards!

To get a card and the zoom addresse, email [atod-oasis@iup.edu](mailto:atod-oasis@iup.edu) by 6:00pm on the Friday of the event.

BINGO DATES: January 22, 29:  
February 12, 19;  
March 5, 12, 19, 26  
April 2, 9, 16, 23, 30



BINGO is Back!

### NASH'S CRIMSON CRAFT ZOOM HOUR

Monday, January 25th 5:00 PM

Zoom address: 916 218 4098



25 Craft kits are available for pick up if you are on-campus. Contact [atod-oasis@iup.edu](mailto:atod-oasis@iup.edu) Not on campus? No problem! Contact us for the craft shopping list.

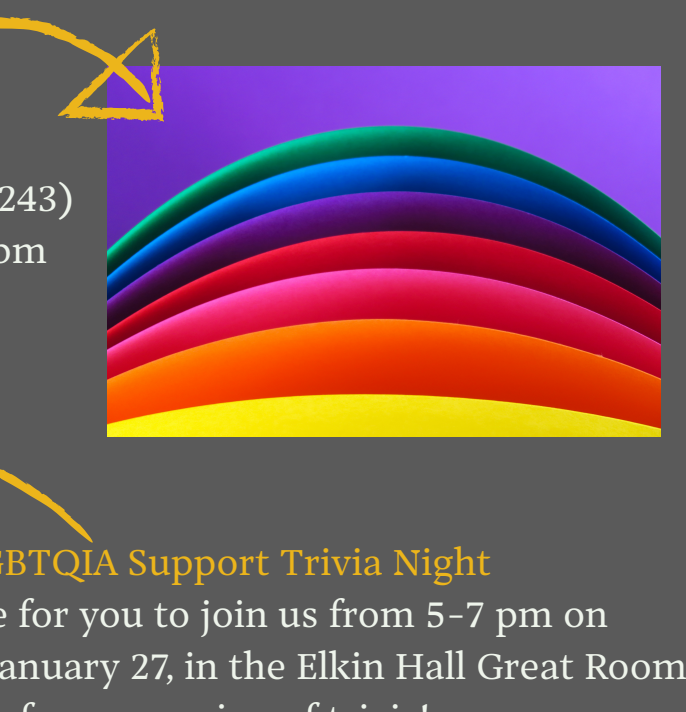
For more info follow IUPATOD on Instagram

Can't join us live? Visit CHWB YouTube for our video

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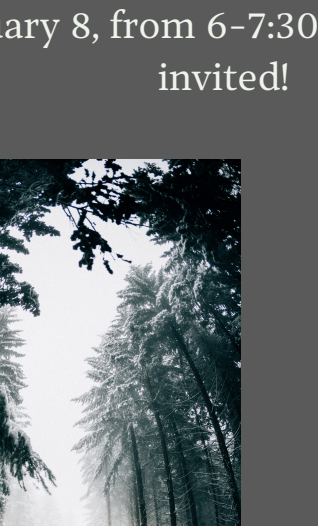
#### Wellness Wednesdays

There's lots to see! Wellness Wednesdays will feature games, music, contests, paint and mocktail events, and much more! Please follow Health and Wellness Promotion on IG and Twitter @iupaware and @iupranger1 to see our specific schedule throughout the semester!



#### Kahoot! Trivia is Back!

Every Thursday, HWP will host Kahoot! Trivia with Peer Educator Charles Coleman. Enjoy a night of fun every week with chances to win prizes! Email Sara Dillon at [sdillon@iup.edu](mailto:sdillon@iup.edu) for details.



### From the Center for Multicultural Student Leadership and Engagement (MCSLE)

#### Queer Conversations

Join LGBTQIA Support via Zoom (ID: 913 2363 1243) or IRL in the Elkin Hall Great Room from 5-7 pm on Tuesday, January 26. Topic: Winter Blues/Disability Awareness. All are invited!



#### LGBTQIA Support

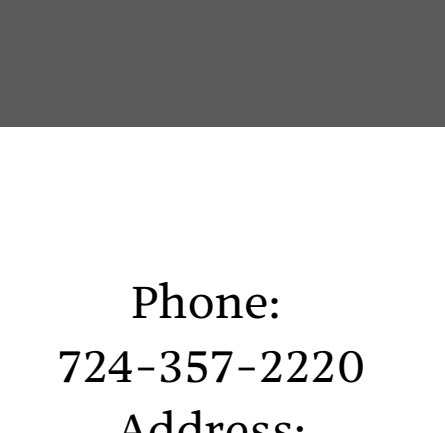


#### LGBTQIA Support Trivia Night

We'd love for you to join us from 5-7 pm on Wednesday, January 27, in the Elkin Hall Great Room for an evening of trivia!

#### 6 O'Clock Series is Back!

Well, not yet, but look for our first session, "Five Dangerous Myths About Black People in America," on Monday, February 8, from 6-7:30 pm via Zoom. All are invited!

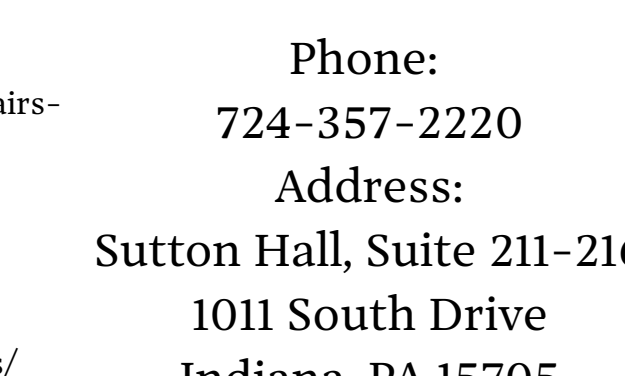


## SERIES



#### Winter Warm-Up

Help students get involved by suggesting they attend Winter Warm-Up! Like IUP Day, this year's events will be virtual via Flipgrid. Students can join via this link: <https://flipgrid.com/iupwinterwarmup>. The event will be held Monday, January 25, through Sunday, January 31. This is a great way for students to get involved at IUP! Questions? Email Kevin Foster at [kfoster@iup.edu](mailto:kfoster@iup.edu).



#### Vitalant Blood Drive

MCSLE and Vitalant will be holding a blood drive on Tuesday, January 26, from 12-5 pm in the Folger Student Center. This is open to anyone and walk-ins are welcome. You can also register through the following link: <https://www.vitalant.org/>.

### From the Student Cooperative Association (Co-op)

#### Group Fitness

All Group Fitness classes will be FREE during the spring 2021 semester! Classes will be held in the HUB Gymnasium, with social distancing precautions in place, and facilities will be deep-cleaned between classes. For a detailed schedule of classes, follow <http://www.coop.iup.edu/campus-recreation/group-fitness/>.



## Contact Us

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<https://www.instagram.com/iupstudentaffairs/>

