

CAMPUS HEALTH NEWS

Promoting your health, vitality, resiliency and academic excellence!

September 2011 V2



Health Promotion:
2207 Brook Street
P: 502-852-5429
louisville.edu/healthpromotion

Campus Medical Services:
Cardinal Station Center
215 Central Avenue
Belknap: 502-852-6479
HSC: 502-852-6446

Want a copy of Campus Health News sent to your email? Send us a request at: hlthed@louisville.edu



Gray Street Farmer's Market
Every Thursday 10:30-2 (May-Oct)
400 block of E. Gray St.
(Health Sciences)

eating local is good for you, farmers, & the planet!



FREE Flu Shots

September 20th - October 6th

Starting September 20th at the Health Science Center and September 26th at Belknap Campus in the SAC, MITC and your residence hall. Go to louisville.edu/campushealth for dates and locations or call 502-852-6479.

Cooking Workshops

September 20th, 5:30pm-7:00pm

Fall workshop dates: September 20th, October 4th and November 8th from 5:30-7:00pm in the Office of Health Promotion Activity Room. Chef Mary Wheatley leads students in cooking demonstrations that teach basic food preparation skills. Cost is \$3 per class. Stop by the Office of Health Promotion to sign up.

Free HIV/Syphilis Testing

September 20th, 11:00am-2:30pm

Free and confidential HIV and Syphilis testing will be offered on September 20th from 11:00am-2:30pm in the Office of Health Promotion located between the SAC and Houchens. Mouth swab takes 15 minutes, no needles! Look for the red and black balloons.

World Car-Free Day

September 22nd, 10:00am-2:00pm @ the Red Barn

Free bike tune-ups, bike-blender smoothies and more! Lunch-and-Learn at Noon inside the Red Barn. Bring your bicycle, walking shoes, and your UofL ID. Join us for some fun, healthy, community-building, car-free activities on and around campus! Sponsored by Sustainability Council.

Grocery Store Tour

September 23rd, 10:00am-1:30pm

Learn how to buy fresh, affordable, healthy food! Join the Office of Health Promotion's Registered Dietitian on a trip to ValuMarket. Ride TARC or bike from campus. Group size is limited to 15, so come by the Office of Health Promotion and sign up fast! For more information go to louisville.edu/healthpromotion.

Take Back the Night

September 27th, 5:30pm-7:30pm

This annual rally and speak out raises public awareness about inter-personal violence. Sponsored by PEACC.

Nutrition



Physical Activity



Sexual Health



Stress



Alcohol & Substances

