

GetHealthy**Now**



HEALTHY U

MOVE. FUEL. BREATHE.
KNOWLEDGE IS POWER.

Belknap Campus

Mondays

Jan 28th –
April 1st

12 – 1PM

College of Education

Room ED114

Throughout this free, 10-week program, you'll experience the following:

- Enjoy your lunch while we discuss various health and wellness topics.
- **Move:** Learn how to effectively implement exercise into your routine
- **Fuel:** Discover how optimal nutrition can help you reach your goals
- **Breathe:** Manage your stress and learn healthy coping strategies
- **Earn awesome incentives to keep you active and healthy!**

**Register today to
feel your best:**

[louisville.edu/
gethealthynow](http://louisville.edu/gethealthynow)

ghn@louisville.edu

502-852-7755