WELLBEING SPARK
YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

Chair Massage
$8 for 30 min
BY APPOINTMENT ONLY

Koru Workshop
Mindfulness & meditation to learn stress resilience and focus. Register for 4 week workshop.
www.louisville.edu/healthpromotion

MORE MINDFUL
LESS STRESSED
BETTER SLEEP
LESS SELF

FREE HIV TESTING
TUESDAYS 11-3
SACW 309 Drop-in

Schedule Your 1st Appointment Today
4 appointments with your personal Fit Coach include:
- Fitness assessment
- Workout program
- Progress Tracking
- Program updates
- Fit Socials
- Fit Accountability
- U-Fit T-Shirt

Koru Retreat
Saturday October 15
10:00am-2:15pm
UofL Belknap Campus
Focus your mind. Be resilient.

20 Mindful Minutes
Relax and Refocus
Drop in for guided relaxation & meditation or simply a quiet, calm space. Many options for locations, days and times that works for you.

Receive Wellbeing Spark in your email! Contact: healthpromo@louisville.edu
SIGN UP TODAY!

U-fit

Fall YOGA
Certified Yoga Instructors Louvie LeCompte, Elena Consoli, and Caitlin Rothrock

To schedule an appointment, register for an event, find a program location, or request a service visit:
louisville.edu/healthpromotion

Locaton: SACW309
P: 502.852.5429

@HealthyCards
UofL Health Promotion

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