We’re Moving!

Health Promotion Wellbeing Central is re-locating to SAC W309 the week of Sept 19th. Find us in the treehouse behind the Floyd theater!

$8 - 30 min Chair Massage
Mon & Wed: 12:00-3:30pm
at Health Promotion Wellbeing Central (SAC W309)
Tues: 1:00-4:30pm
at the SRC

Koru Retreat
Saturday October 15
10:00am-2:15pm
UofL Belknap Campus
Sign up at louisville.edu/healthpromotion

Nutrition Navigators
Learn More. Eat Well.
Schedule an appointment
at louisville.edu/healthpromotion
with a Navigator to get personal coaching on
how to wisely use your meal plan and where to find
good food on campus!

REQUEST A PROGRAM
FOR YOUR GROUP!

Get your group involved with wellbeing and resilience! Request a program from our exciting menu of program options listed on our website.

3... 2... 1...
@HealthyCards
@HealthyCards
Follow us to stay up-to-date with events, news, and giveaways!

Receive the Wellbeing Spark in your email! Send request to:
healthpromo@louisville.edu
SIGN UP TODAY!