GetHealthyNow

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
ghn@louisville.edu
502-852-7755