Healthy U
Knowledge is power.

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!

HSC Campus

Tuesdays
Jan 29th – April 2nd
12 – 1PM
Nursing School
K-Wing Room 2017

Register today to feel your best:

louisville.edu/gethealthynow
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502-852-7755