

safer-sex-supplies STtesting U-Fit flu-kits vitality resilience
 volunteers fitness NutritionNavigators smoking-cessation academic Louisville
 fit-coach message SexualHealth
 yoga advocates

CAMPUS Health NEWS

promotion HungryCards excellence FlashNap

Want to receive Campus Health News via email? Contact: healthpromo@louisville.edu
SIGN UP TODAY!

Health and Nutrition Tip:

Brought to you by your Nutrition Navigators
PUMPKIN PACKS A POWERFUL NUTRITIONAL PUNCH

Pumpkin seeds are among the tastiest & most nutritious seeds around. Don't throw away your carvings; instead, roast, sauté, steam or mash, & enjoy! When you do, count on getting a good supply of vitamin C, fiber, iron, potassium, & other nutrients.



STAY SAFE THIS HALLOWEEN

-  Trust your gut! If a situation is making you feel uncomfortable, remove yourself. Better safe than sorry!
-  Never accept drinks from people you do not know and never leave your drink unattended.
-  Always travel in groups and make sure a reliable friend knows where you are at all times.
-  Know how you are getting home before you head out for Halloween fun!

For any on campus emergency call: **502-852-6111**

HALLOWEEN



FEELING LIKE A ZOMBIE?

Flash Napping will bring you back to life!

Learn the steps to intentional, efficient and effective napping and put crash napping in the crypt!

For more information and to request a program visit:

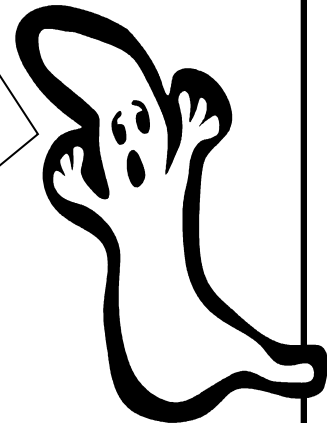
louisville.edu/healthpromotion



HAPPY




STOP THE BOO-HOOING!

It's not too late!
 You can still get your **FREE FLU SHOT** from Campus Health Medical while supplies last!



For more information check out: louisville.edu/campushealth

Between the SAC and Houchens
 P:502.852.5429
louisville.edu/healthpromotion

 @HealthyCards 
 UofL Health Promotion

HEALTH PROMOTION
Learn More. Live Well.

