



WELLBEING SPARK



YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

University of Louisville • November 2016 Vol 1

Mindfulness & Compassion

Workshop

Fridays:

Nov.11

Nov.18

Dec.2

Dec.9

Belknap Campus

1pm-2:15pm

Register at:

louisville.edu/healthpromotion



GRAND OPENING

EVERYONE WELCOME

Tuesday, November 15th

Join PEACC & Health Promotion

to celebrate our new locations

SAC W309 & W309H

10am-5pm

Photo Booth
Chair Massage
Mindful Minutes
Free HIV Testing
Live Music

Thanksgiving Tip

Increase your steps or lengthen your fitness routine the weeks ahead and the day of the feast.



YOGA at Speed School

Mondays & Wednesdays

TRY IT! Nov. 14-30

5:15pm-6:15pm

Duthie 119

FREE for Students

louisville.edu/healthpromotion

"I don't drink when I know my friend is not going to be able to drive."

87% of UofL students reported that AlcoholEdu helped them establish a plan ahead of time to make responsible decisions.
(Survey 2, n= 2,179, AlcoholEdu incoming student data 2015-2016)

RESILIENT.



louisville.edu/bricc | facebook.com/bricc.coalition

20 Mindful Minutes

Featured Site of the Week:
SAC Floyd Theater
Wednesdays 11 AM

Receive the Wellbeing Spark in your email!

SIGN UP TODAY!

Contact:

healthpromo@louisville.edu



@HealthyCards



UofL Health Promotion



HEALTH PROMOTION

Learn More. Live Well.

Health Promotion Wellbeing Central

SAC W309

P:502.852.5429

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