

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

Tuesday, November 15th

Join PEACC & Health Promotion
to celebrate our new locations

SAC W309 & W309H

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.

40GA at Speed School

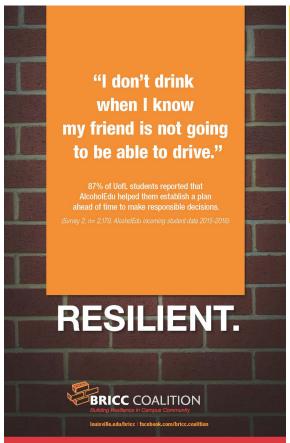
Mondays & Wednesdays
TRY IT! Nov. 14-30
5:15pm-6:15pm

Duthie 119

FREE for Students

louisville.edu/healthpromotion

UofL Health Promotion



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







Health Promotion Wellbeing Central SAC W309 P:502.852.5429 louisville.edu/healthpromotion