

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

# CAMPUS Health NEWS

Want to receive Campus Health News via email? Contact: [healthpromo@louisville.edu](mailto:healthpromo@louisville.edu)  
**SIGN UP TODAY!**

Finals stress weighing you down?  
**ITS NOT TOO LATE TO SIGN UP FOR A MASSAGE**

\$7 for a 30 minute chair massage

Mon & Tues 12-3

Wed 1-4

Until April 22nd

Schedule your appointment at: [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)



**KEEP CALM AND FLASH NAP ON**



I'll be there! Will you?

Stressed about finals?

Need a place to relax and unwind?

## CALM CAFÉ

Thursday, April 23rd

11:00am-4:00pm

Health Promotion Activity Room

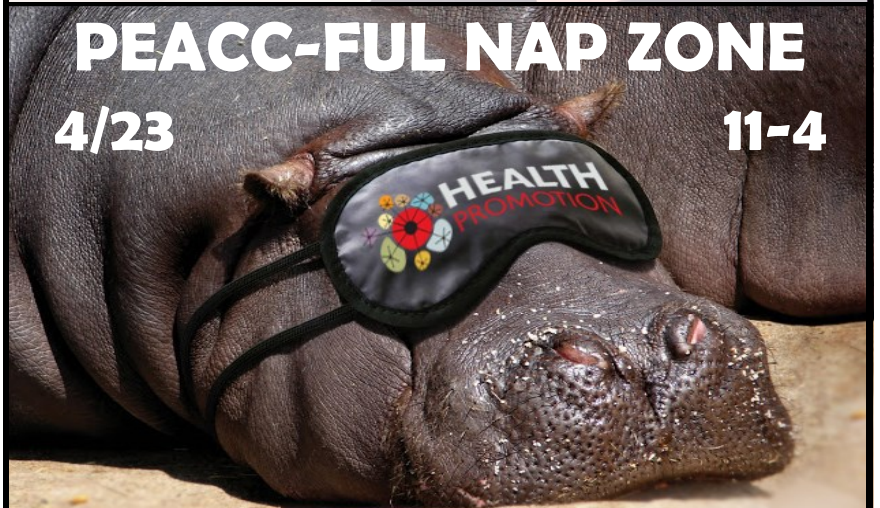
Student Services Annex (between the SAC & Houchens)

- Free Massage • Energizing and Calming Snacks • PEACC-ful Nap Zone • Stress Resilience Tips • Variety of Soothing & Invigorating Teas & Coffees • Quiet & Stress-Free Study Space • Paws Effect 🐾

### PEACC-FUL NAP ZONE

4/23

11-4



Check in at the Calm Café in the Student Services Annex. We provide mats & blankets, ear plugs & Flash Nap masks, watch your belongings & wake you up with a hot beverage!



You have almost survived the semester!

**YOU CAN DO IT**

Just breathe.



**HEALTH PROMOTION**  
*Learn More. Live Well.*

Between the SAC and Houchens  
 P:502.852.5429  
[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)



@HealthyCards



UofL Health Promotion