



CAMPUS HEALTH NEWS

YOUR CALL TO ACTION AND LATEST WELLBEING NEWS

CALM CAFÉ

Thursday April 21st 2016

READING DAY

11:00am-4:00pm

Health Promotion

Student Services Annex



Free Food

Free Massage

Quiet Study Space

Nap Zone

Let go of end of semester stress. It's time to relax and refocus!

Drop in for
20 MINDFUL MINUTES

Guided relaxation, meditation, a snooze, or just a quiet calm space.

4 days a week
4 convenient locations
through April 26th

For details on times & locations:
louisville.edu/healthpromotion



STUDY FOR FINALS USING TREAD DESKS!

It makes studying more efficient.

It's good for you.

IT'S FREE!!



RESERVE YOUR TIME TODAY!

louisville.edu/healthpromotion

Receive Campus Health
News in your email!

Contact:

healthpromo@louisville.edu

SIGN UP TODAY!



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

@HealthyCards

UofL Health Promotion