

# WELLBEING QUICKIE



YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

University of Louisville



April Vol 1

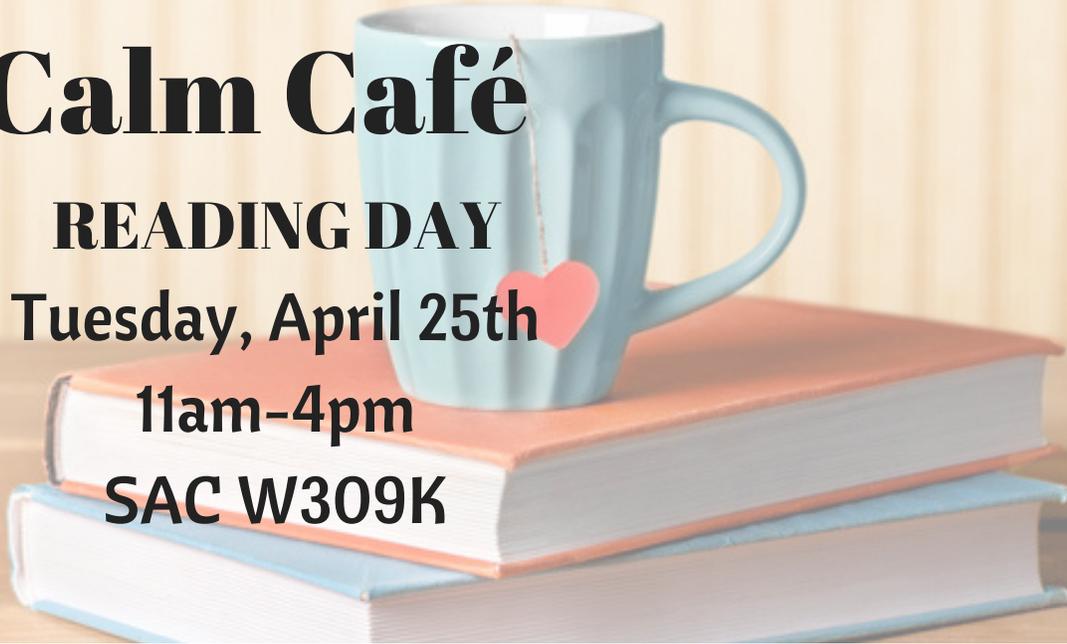
## Calm Café

### READING DAY

Tuesday, April 25th

11am-4pm

SAC W309K



- Free Food
- Free Massage
- Free Tea & coffee
- Nap Zone
- Quiet Study Space
- Stress Resilience Resources

**“I only drink one drink when I go out, so I don’t have a hangover the next day.”**

73% of UofL students reported that they set a limit.  
(AlcoholEdu incoming student data 2015-2016)

## RESILIENT.



Summer trip? New wardrobe?  
Car repairs? Favorite charity?  
**What would you do with \$2000?**

Read a featured article for your chance to win!

The art of failure:  
How to feel the benefits



Scroll on by:  
5 ways to make a phone-free moment

10 test tips:  
How to remember that stuff you forget

**[louisville.readsh101.com](http://louisville.readsh101.com)**

**Spring Yoga**  
FREE for students  
Visit:  
[uofl.edu/healthpromotion](http://uofl.edu/healthpromotion)  
for details  
Classes end 4/24

**SAFE IS SEXY**

Did you know there are 28 Play Well Hot Spots across campus?

Play Well Hot Spots are safer sex supply kits that contain condoms, lubricant samples and educational pamphlets on sexuality topics.

**Free HIV Testing**

Tuesday & Thursday

11am-3pm

SAC W309

Ends 4/27 & resumes fall semester

Receive the Wellbeing Quickie in your email!  
Contact:  
[healthpromo@louisville.edu](mailto:healthpromo@louisville.edu)



@HealthyCards



UofL Health Promotion

**HEALTH PROMOTION**  
*Learn More. Live Well.*  
A Division of Campus Health Services

Health Promotion Wellbeing Central

SAC W309

P:502.852.5429

[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)