



WELLBEING QUICKIE



YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

University of Louisville



April Vol 2

"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.



Calm Café

READING DAY

Tuesday, April 25th

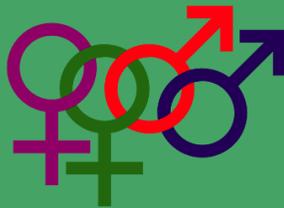
11am-4pm

SAC W309K

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

OUR WHOLE LIVES (OWL) Adult facilitator training

When: May 18-20
Where: SAC W309K
Cost: \$185



- Gain useful information & skills
- Boost confidence discussing sexuality topics
- Practice effective facilitation techniques

For questions please contact Sara Choate at:
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WHERE DID THE PLAY WELL HOT SPOT GO?
Getting ready for the fall semester. Until then...
Pick up safe sex supplies & resources at Wellbeing Central SAC W309

Don't Sweat It...
You can still get your nutrition in check this summer...
Book appointments with the campus dietitian throughout the Summer.

Go to uoflhealthpromotion.acuityscheduling.com
Select Nutrition Coaching Appointment

FREE NUTRITION COACHING FOR STUDENTS



THE DIETITIAN IS IN



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

