

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

CAMPUS Health NEWS

WANT TO RECEIVE
 CAMPUS HEALTH NEWS
 VIA EMAIL? CONTACT:
HEALTHPROMO@LOUISVILLE.EDU
 SIGN UP TODAY

\$7 MASSAGES

STARTING SEPTEMBER 8th
 Mondays and Tuesdays
 12:00pm-3:00 pm
 Wednesdays
 1:00pm-4:00pm

Location: Health Promotion Office
 Professional Chair Massages
 30 Minute Appointments
 Schedule & pay online at:
louisville.edu/healthpromotion



BLUE LIGHT SPECIAL

SUNDAY AUGUST 24th
STARTING AT 3:00pm

Required program for new students to increase your campus safety savvy, including sexual violence risk reduction, alcohol/party risk reduction, BRICC awareness and safer sex resources.

YOGA



STARTING SEPTEMBER 8TH
 Location: Health Promotion Office

FREE FOR STUDENTS!

All Levels Welcome! All Equipment Provided
 See schedule & register online free at:
louisville.edu/healthpromotion

Improve Fitness & Reduce Stress

4 classes offered per week!



STARTING:
 SEPTEMBER 8th
 AT THE SRC

\$15 Package Includes:

- FitAssessment
- FitCoaching
- FitProgram
- FitAccountability
- FitSocial
- T-SHIRT

Schedule an appointment at:
louisville.edu/healthpromotion

FREE HIV TESTING

Wednesdays 11:00 am–2:00 pm

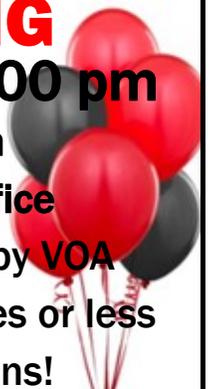
STARTING SEPTEMBER 10th

Location: Health Promotion Office

Free and Confidential HIV Testing by VOA

HIV test by mouth swab in 20 minutes or less

Look for the red & black balloons!



Between the SAC and Houchens
 P: (502) 852-5429
louisville.edu/healthpromotion

