

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

CAMPUS Health NEWS

Want to receive Campus Health News via email? Contact: healthpromo@louisville.edu
SIGN UP TODAY!



Stop by the Ville Grill
 Wed August 19th to meet your
Nutrition Navigators
 Welcome lunch 11am-2pm
 & dinner 4pm-7pm.
 Take the first step toward
 navigating campus dining!



Pedal with the President
Friday, August 28th 7:30am
 30 minute ride to campus
 Leaving from Amelia Place
 2515 Longest Avenue

 **UL Sustainability**



Join us for **FREE Yoga 8/20, 21 & 22**
 Location: Threlkeld Lawn
 2 Classes per day!
 Wake up Yoga 9:00am
 Energize Yoga 10:00am
 Certified instructors provided by the
 Health Promotion Office



HEALTH PROMOTION
Learn More. Live Well.

Between the SAC and Houchens
 P:502.852.5429
louisville.edu/healthpromotion

 @HealthyCards
 UofL Health Promotion

WELCOME BACK



Unwind before classes start
YOGA with LIVE MUSIC
 Sunday, August 23rd
 5:30-6:30pm
 Student Rec Center (SRC)
 For more info visit:
louisville.edu/healthpromotion



Come Hula Hoop with us right meeeooooowww!
 No experience necessary
 Sunday 8/23, 4-5pm
 West Lawn next to the red barn
 Brought to you by the Health Promotion Office
 Hula Hoops Provided (no cats will be present)

YOUR FAVORITE HPO SERVICES ARE BACK
 ↓ SEE START DATES BELOW ↓
 More details at louisville.edu/healthpromotion

TUESDAYS 12-3
FREE HIV TESTING
 Starting 9/15

U-FIT \$20
 Fitness Programming and Coaching
Starting 8/31
 by appointment only

4 days per week. Starting 8/31
FREE YOGA

\$7/30min CHAIR MASSAGE
 Mon & Tues at HPO
 Wed at SRC
 By Appointment
Starting 9/15

