

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

# CAMPUS Health NEWS

promotion HungryCards excellence FlashNap

Receive Campus Health News via email! Contact: [healthpromo@louisville.edu](mailto:healthpromo@louisville.edu)  
**SIGN UP TODAY!**

## CONGRATULATIONS UofL

Named one of the top 25 healthiest colleges in the country!



Complete list, photos, and more info: [greatist.com/health/healthiest-colleges](http://greatist.com/health/healthiest-colleges)

BE ON THE LOOKOUT FOR

**RAH** random acts of health

AROUND CAMPUS FOR FUN, RANDOM WAYS TO BUILD YOUR RESILIENCE AND IMPROVE YOUR WELLBEING!



**WELLBEING STATION IS BACK!**

Stop by the SRC each week for activities, challenges, & prizes!



# REV UP YOUR RESILIENCE

**YOGA STARTS THIS WEEK**  
**4 FREE classes per week!**

For schedule and more details visit: [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

**U-FIT**  
 UofL Health Promotion Office  
[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

**Fitness Coaching  
 Workout Programs  
 Fit Accountability  
 and more!**

**NOW ACCEPTING APPOINTMENTS**

Look for **HOT SPOTS** around campus

**Cardinals Play Well**  
**Safe Play**

Pick up your **FREE Safer Sex Supplies**



Between the SAC and Houchens  
 P:502.852.5429  
[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

@HealthyCards  
 UofL Health Promotion