

# WELLBEING QUICKIE

YOUR QUICK CONNECTION TO LIVING WELL

Want more than a quickie? Visit [ULWellbeingSpark.org](http://ULWellbeingSpark.org)

# EAT

*Mindfully  
Healthy  
With Pleasure*



4-week  
Eating  
Awareness  
Training  
Workshop

Open to:  
Students &  
Employees



Information & Registration:  
[www.louisvilleeatlab.com/eat](http://www.louisvilleeatlab.com/eat)



Study conducted by Dr. Cheri Levinson  
[cheri.levinson@louisville.edu](mailto:cheri.levinson@louisville.edu)

EATING ANXIETY TREATMENT  
LABORATORY AND CLINIC

In partnership with



## WELLBEING ONLINE

Campus Health Services brings you  
*Wellbeing SPARK*,  
your digital campus health connection.

Visit:

[ULWELLBEINGSPARK.ORG](http://ULWELLBEINGSPARK.ORG)

Want to take wellbeing with you?

There's an app for that!

Download the FREE app for android and iOS  
In your app store search> uofl wellbeing spark



You can navigate to eating well.  
On purpose.

Make an appointment with  
the campus dietitian  
on our website

# U-FIT

## \$10 Package:

- Four sessions w/ your personal fit coach
- Fitness Assessment
- Personalized workout plan
- U-Fit t-shirt

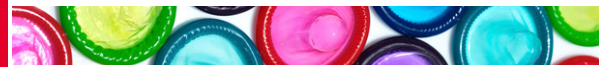


Starting in September, you have access to  
**FREE safer sex supplies** in your residence hall.

Visit our website for locations.

Know your status.

**FREE HIV testing every Thursday.**



## 30 Minute Chair Massage by appointment

UofL students only

Available on:

Belknap Camps & HSC Campus

# \$8

(\$45 value)



# LouVelo

## MONTHLY MEMBERSHIP

**305 BIKES, 27 STATIONS**

throughout Downtown Louisville, NuLu,  
Old Louisville and Butchertown.

**EASY ACCESS TO LOUISVILLE**

Unlock at any station and return to any other  
station, or use the secure secondary bike lock to  
park anywhere.

Sign up at [LouVelo.com](http://LouVelo.com) & use the code:

# CARDBIKE

First Month

# \$7.50 +tax

Unlimited 60 Minute Rides



For more information on the above highlights and more  
Visit [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)



@HealthyCards



UofL Health Promotion



# HEALTH PROMOTION

Live well. On purpose.

A Division of Campus Health Services

Health Promotion Wellbeing Central

SAC W309

P:502.852.5429

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