

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

# CAMPUS Health NEWS

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

Stressed about finals? Need a place to relax and unwind?

## CALM CAFE



Free Massage,  
 Energizing and Calming Drinks &  
 Snacks, a PEACC-ful Nap Zone,  
 AND a quiet place to study?!?!  
 I'll be there fur-sure! 🐾

Tuesday, December 8th

11:00am-4:00pm

Health Promotion  
 Activity Room

Student Services Annex

(between the SAC & Houchens)

NEW 1-CREDIT HOUR COURSE THIS SPRING: HSS 150-16

## EAT MOVE SLEEP

Join your campus wellbeing specialists from the HPO as they guide your experience with a personalized approach to eat, move, & sleep to support your academic & personal success. Practice these concepts in class to enhance resilience and your life!

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

YOU CAN DO IT!

## MINDFUL MOMENTS

Drop in for brief guided relaxation to prep you for finals.

No experience required, just curiosity.

- |                      |   |
|----------------------|---|
| 12/7 — 1:00-1:20pm   | } SAC Room W306                         |
| 1:30-1:50pm          |   |
| 7:00-7:20pm          | } Threlkeld Hall Men's 2nd Floor Lounge |
| 12/8 — 7:00-7:20pm   |   |
| 7:40-8:00pm          | } Kurz Hall Conference Room             |
| 12/8 — 7:40-8:00pm   |   |
| 12/9 — 12:00-12:20pm | } Speed School Vogt 314                 |
| 12:30-1:00pm         |   |
| 12/10 — 1:00-1:20pm  | } Ekstrom Library 117A CLC              |
| 1:30-1:50pm          |   |



**HEALTH PROMOTION**  
*Learn More. Live Well.*

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



@HealthyCards



UofL Health Promotion