

volunteers fitness safer-sex-supplies STtesting U-Fit flu-kits 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!

HAPPY HOLIDAYS

MOVE during Holiday Season Travel

Sitting for lengthy periods can increase the risk of developing a blood clot. To reduce your risk, get up and walk around every 2-3 hours. Also exercise your legs while sitting: raise and lower your heels while keeping your toes on the floor. Then, raise and lower your toes while keeping your heels on the floor. Routinely tighten and release your leg muscles when sitting for extended time.

HAPPY HOLIDAYS & SAFE TRAVELS!

Did you know....

KY Medical Amnesty regulation states:
"A person shall be immune from prosecution for the criminal offenses of alcohol intoxication, public intoxication, possession by a minor and providing alcohol to a minor if the person:"

1. Provides their name if requested by EMS/ Law Enforcement
2. Provides any relevant information requested by the officer that is known to such person
3. Remains with the individual in need of assistance
4. Cooperates with EMS and law enforcement

Follow BRICC on Facebook for the full medical amnesty text & more helpful information
[facebook.com/bricc.coalition](https://www.facebook.com/bricc.coalition)

PEACC-ful Nap Zone

Check in at the Calm Café in Health Promotion Office/Student Services Annex. We provide mats & blankets, ear plugs & Flash Nap masks, watch your belongings & wake you up with a hot beverage!

**Tuesday
 Dec. 9th
 11am-4pm**

PEACC

..... Stressed about finals?

Need a place to relax and unwind?

CALM CAFE

Tuesday, December 9th
 11:00am-4:00pm

Health Promotion Activity Room
 Student Services Annex (between the SAC & Houchens)

- Free Massage • Energizing and Calming Snacks • PEACC-ful Nap Zone • Stress Resilience Tips • Variety of Soothing & Invigorating Teas & Coffees • Quiet & Stress-Free Study Space • Paws Effect 🐾

For more information visit:
louisville.edu/healthpromotion



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

@HealthyCards
 UofL Health Promotion