

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

# CAMPUS Health NEWS

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

Are you snowed in with no idea what to cook? Do you have a full pantry but lack the skills to make something tasty?



Gather some friends and book a **COOKING WORKSHOP** with a professional chef!



For more information or to request a program visit: [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

## PLAY WELL

Have a sexual health question you want answered?

Email your questions to [playwell@louisvillecardinal.edu](mailto:playwell@louisvillecardinal.edu)

Check out The Cardinal Newspaper once a month to see answers to your questions and more!

**STAY SAFE & KEEP WARM**

Every week at the Wellbeing Station in the SRC the Health Promotion Office brings you a new challenge to help improve your wellbeing.

**Turn these challenges into everyday habits to receive their full benefits!**

### Make Heartfelt Connections!

*Weekly Challenge:*

**Include heartfelt connections in your daily life!**

*Heartfelt Connections*

Heartfelt Connections include:

- ♥ Texting a friend just to say hello
- ♥ Calling a parent to tell them you love them
- ♥ Smiling at the baristas who makes your coffee
- ♥ Thanking the TARC driver

*The important thing is to CONNECT with others!*

Start your day with a nutrient dense breakfast to improve wellbeing while reducing your risk of obesity, diabetes, and heart disease.

### WEEKLY CHALLENGE:

**Eat a nutrient-dense breakfast at least 5x**

Consider these heart-healthy breakfast choices:

- ◆ Oatmeal
- ◆ Nuts
- ◆ Soy or oat milk
- ◆ Blueberries
- ◆ Vegetable soup
- ◆ Oranges
- ◆ Bananas
- ◆ Veggie-n-egg scramble burrito w/whole grain tortilla



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



@HealthyCards



UofL Health Promotion