



WELLBEING QUICKIE



YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

University of Louisville ● February 2017 Vol 1

NOW HIRING

HEALTH PROMOTION is accepting student applications for the 2016-2017 school year.

- 6-10 hours/week
- PAID
- On Campus
- Promote Wellbeing



DEADLINE: Feb. 28

Apply Online:

louisville.edu/healthpromotion



Tackle your fitness goals.

\$20 Package Includes:

- Personalized fitness plans
- Four - 45 minute coaching sessions
- U-Fit t-shirt
- Fit Accountability



REGISTER ONLINE:

louisville.edu/healthpromotion/services/u-fit



@HealthyCards



UofL Health Promotion



HEALTH PROMOTION

Learn More. Live Well.
A Division of Campus Health Services

Valentine's Day on Wellbeing Spark

Check out these headlines online:
louisville.readsh101.com

"Mind Your Mind: Your Valentine's Day Survival Guide"

"Ask the Counselor: How Do You Find a Romantic Relationship?"

20 Mindful Minutes

De-stress & Refocus
Take a 20 minute break at various locations on campus.
Calendar Online:

uofl.edu/healthpromotion
>services>20-mindful-minutes

SIGN ME UP!

Receive the Wellbeing Quickie in your email!

Contact:

healthpromo@louisville.edu

Health Promotion Wellbeing Central
SAC W309

P:502.852.5429

louisville.edu/healthpromotion