



WELLBEING QUICKIE

YOUR QUICK CONNECTION TO LIVING WELL

Want more than a quickie? Visit ULWellbeingSpark.org

Mindfulness Retreat

The struggle is real. Relief is possible.
Saturday February 10, 2018

11AM - 3:30PM

Speed Art Museum

Belknap Campus

\$5 enrollment fee includes lunch.

Details & Registration:

louisville.edu/healthpromotion/Services

Flash Nap Workshop



Learn how to supplement sleep.
Nap more effectively!

Feb. 6, 4PM - 5PM

OR

Feb. 19, 3PM - 4PM

SAC W309 K

FREE registration
snacks & eye mask included

Registration:

louisville.edu/healthpromotion/Services/Sleeping & Napping
or e-mail: hlthed@louisville.edu

STUDIO THEATRE COMPANY, THE PEACC CENTER
AND THE U OF L THEATRE ARTS DEPARTMENT PRESENT

HOW TO START A WILD FIRE

A PLAY OF SHARED STORIES TO END VIOLENCE

FEBRUARY 9
& 10 at 8PM
\$5 DONATION
DIRECTED BY
ROSS J. SHENKER
MFA '18

AT THE THRUST
THEATRE
2314 S. FLOYD ST.
WRITTEN &
PERFORMED
BY THE COMPANY

HOW TO START A WILD FIRE
IS PRESENTED BY THE STUDIO THEATRE COMPANY, THE PEACC CENTER & THE U OF L THEATRE ARTS DEPARTMENT
2314 S. FLOYD STREET, LOUISVILLE, KY 40208
PHONE: 502.852.7463 FAX: 502.852.2584
<http://louisville.edu/peacc>



RELAX & REFOCUS

Drop in for brief guided relaxation
& meditation or simply sit in a
quiet, calm space.

Locations & Times:

[uofl.edu/healthpromotion/
services/relax-refocus](http://uofl.edu/healthpromotion/services/relax-refocus)

FREE FITNESS CLASS

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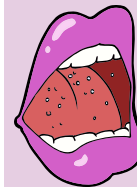
Tuesday February 6
6 PM-7:30 PM
Red Barn

FLU SHOT FACTS

- Getting a flu shot reduces your risk of getting the flu by 40% to 60%.
- Getting vaccinated can help to make your illness milder if you do get sick.
- The more people in a community (like our university) that get vaccinated, the less likely the flu will spread.

FREE WALK IN FLU SHOTS
AVAILABLE TO STUDENTS

- Cardinal Station Center
502-852-6479
- Cardinal Shuttle
Transportation Provided



Health Advocate Leaders

- 5-10 hours/week
- PAID
- On Campus
- Promote Wellbeing

Visit our website
for more info & to
apply today!



@HealthyCards



UofL Health Promotion

HEALTH PROMOTION

A Division of Campus Health Services

Health Promotion Wellbeing Central
SAC W309
P:502.852.5429
louisville.edu/healthpromotion

Receive the
Wellbeing Quickie
in your email!
Contact:

healthpromo@louisville.edu