



WELLBEING QUICKIE

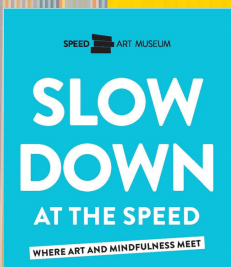
YOUR QUICK CONNECTION TO LIVING WELL

Want more than a quickie? Visit ULWellbeingSpark.org

PICK ONE:

Friday 2/23 or Tuesday 2/28
from 2:00 - 2:45 pm

Meet in the lobby of the Speed Art Museum with your earbuds & smartphone to experience where art and mindfulness meet.



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

Application Deadline: Wednesday Feb. 28

Visit our website for more info & to apply today!

Health Advocate Leaders



February 2018 Issue

WELLBEING SPARK

- Count your way to calm: A simple breathing technique to help you stay present
- Sexual health, culture, & relationships: Our experts answer your questions
- Take the fear out of networking and make it work for you
- Suffering from a setback? How to take advantage of failure
- The importance of "Me Time"

ULWELLBEINGSPARK.ORG

Want a chance to win a SPECIALIZED BIKE, BEATS HEADPHONES, BEATS PILL, or a free chair massage?

CHECK YOUR INBOX!

IF YOU RECEIVE THE **UofL Wellbeing survey** COMPLETE IT BY MONDAY 3/5 TO BE ELIGIBLE!



- Feb. 19 - National Chocolate Mint Day in the Ville Grill. Stop by for FREE chocolate mints!
- Feb. 21 - Pre & Post Workout Foods in the SRC 5:30 - 7:30 PM Learn about the best foods and where to find them on campus for before and after your workout!

Have you booked your chair massage? Appointments are limited!

It's not a luxury. It's wellbeing. Enhance your mood and reduce stress after your 30 minute massage for only \$8 ! (\$35 value)

Book online today

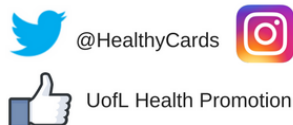


A menstrual hygiene program, all about the vulva

**Tuesday February 20
12 - 1:30 PM**

Shumaker Research Building Room 139

Lunch provided



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