

volunteers fitness safer-sex-supplies NutritionNavigators STtesting U-Fit flu-kits vitality resilience academic Louisville
 fit-coach smoking-cessation message SexualHealth
 yoga advocates

CAMPUS Health NEWS

promotion HungryCards excellence FlashNap

Want to receive Campus Health News via email? Contact: healthpromo@louisville.edu
SIGN UP TODAY!

HIV TESTING IS NOW ON MONDAYS

(no longer on Wednesdays)

Mouth swab, NO NEEDLE

Every MONDAY 11-3
 In the Health Promotion Office
 Student Services Annex
 NO APPOINTMENT NEEDED

Need a massage? Dying to get back into Yoga? Wanting to see a Fit-Coach? You are in luck!

ALL HEALTH PROMOTION OFFICE SERVICES START THIS WEEK!

Stop by the new

WELLBEING STATION

in the lobby of the SRC for weekly challenges, prizes and, FUN new ways to think about your health!



WELCOME BACK!

CardFit Challenge Presents

DODGEBALL

Wednesday, January 14th 5:30pm-7:30pm

SRC MAC Court (1st Floor)

Come by yourself or with friends for a lively game of dodgeball!

DOOR PRIZES!

For more information visit: louisville.edu/healthpromotion



YOGA with LIVE MUSIC

FREE

Thursday, January 15th

8-9pm SRC Room 200

ALL STUDENTS WELCOME



HEALTH PROMOTION
Learn More. Live Well.

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



@HealthyCards



UofL Health Promotion