



CAMPUS HEALTH NEWS

YOUR CALL TO ACTION AND LATEST WELLBEING NEWS

REGISTRATION STILL AVAILABLE!
New 1-credit hour course: HSS150-16

EAT MOVE SLEEP

Mid-semester class
Feb 18 - April 19

A guided personalized approach to eat, move, & sleep to support your academic & personal success.

For more info visit:

louisville.edu/healthpromotion

Your HPO favorites are back!

FREE YOGA STARTS JAN 11

4 days per week

Visit website for schedule

MASSAGE STARTS JAN 19

30 min chair massage

By appointment

For more info and to book visit:

louisville.edu/healthpromotion

STARTING TUES JAN 12
FREE HIV TESTING
TUESDAYS 12-3

Enhance your yoga practice.

Try something new.

Start your year off calm and strong.

Yoga with Live Music

All levels welcome!

Two dates in January:

Sunday, Jan 10th, 7:30pm-8:30pm

&

Thursday, Jan 14th, 7:30pm-8:30pm

Location: Student Rec Center (SRC)



CARDFIT
Photo
Challenge

SCAVENGER HUNT IN THE SRC

January 12th from 7:00-9:00pm

Pick up a scavenger hunt card from the front desk then complete as many activities as possible to win a prize!

Receive Campus Health
News in your email!

Contact:

healthpromo@louisville.edu

SIGN UP TODAY!



**HEALTH
PROMOTION**

Learn More. Live Well.

Between the SAC and Houchens

P:502.852.5429

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