



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

**New Year.
New Goals.
New Opportunities.**

U4FIT

**Personalized
fit-coaching to help you
meet your goals!**

BOOK ONLINE TODAY

The Health Promotion Office offers specific workshops for all your wellbeing needs

- Flash Nap Workshops
- Cooking Classes
- Stress Resilience
- Sexual Health
- ... and many more!

To request a program visit:
louisville.edu/healthpromotion



KORU
mindfulness

Focus your mind. Be stress resilient.

Join our 4-week workshop to learn mindfulness & meditation. Various dates and locations available on both HSC and Belknap.

For more info and to register:

www.louisville.edu/healthpromotion **click services/Koru**

\$12 enrollment fee includes book

You commit to all four sessions when you register

MORE
MINDFUL

LESS
STRESSED

BETTER
SLEEP

LESS
SELF
JUDGMENT

Looking for an exciting & rewarding volunteer opportunity?

Volunteer Information Meeting

Friday, January 29th 11:30am-12:30pm
HPO, Student Services Annex, Activity Room

Come by for free food & info about volunteering!



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
louisville.edu/healthpromotion



@HealthyCards



UofL Health Promotion