



WELLBEING QUICKIE



YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

University of Louisville



January 2017 Vol 1

CHECK IN. CHILL OUT. LET IT GO.

This is your life. Don't miss it.

Saturday January 21
11am-3:15pm
SAC W309K



\$5 enrollment fee includes
resources & snacks

This is a silent mindfulness and
meditation retreat that will enhance your
present moment experience.

To Register:

louisville.edu/healthpromotion/services/mindfulness&meditation

Your Campus Dietitian Maji Koetter-Ali, MS, RD, LD

Maji is passionate about nutrition education because she believes it is the key to **living a healthy life and preventing disease**. She encourages clients to **strive for progress not perfection**. She is excited to help students at the University of Louisville.



All full-time students can schedule an appointment.
Visit:

louisville.edu/healthpromotion/services/nutrition-coaching

LEARN TO SURF

Learn mindfulness to reduce stress.
You can't stop the waves, but you can learn to surf.

Register for a mindfulness workshop series.

Tuesdays 3:30-4:45pm
Jan. 31
Feb. 7, 14, 21
Thursdays 7:30-8:45pm
Feb. 16 & 23
Mar. 2 & 9

Belknap Campus: TBD



For more info and to register:
louisville.edu/healthpromotion

\$12 enrollment fee includes book.
You commit to all four sessions when you register.

New Year.
New Goals.
New Opportunities.



Work one-on-one with your very own fit coach to:

- identify personal goals
- determine current fitness level
- develop a plan to achieve your goals

BOOK ONLINE TODAY

louisville.edu/healthpromotion

We're Online!

Want more than a quickie?
Experience more health topics & our services Online!

Health Promotion introduces Wellbeing SPARK digital magazine.

Visit:

louisville.readsh101.com

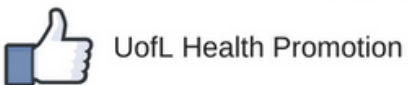


Receive the Wellbeing Quickie in your email!

Contact:
healthpromo@louisville.edu



@HealthyCards



UofL Health Promotion



Health Promotion Wellbeing Central
SAC W309
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