



# WELLBEING QUICKIE

YOUR QUICK CONNECTION TO LIVING WELL

Want more than a quickie? Visit [ULWellbeingSpark.org](http://ULWellbeingSpark.org)

MORE MINDFUL

## Mindfulness Retreat

The struggle is real. Relief is possible.

LESS SELF JUDGMENT

BETTER SLEEP

Saturday February 10, 2018

11AM - 3:30PM

Speed Art Museum

Belknap Campus

\$5 enrollment fee includes lunch.

Details & Registration:

[louisville.edu/healthpromotion/Services](http://louisville.edu/healthpromotion/Services)

LESS STRESSED

January 2018 Issue



- Q&A: Mindfulness and meditation explained
- Upgrade your sleep: Simple bedroom solutions
- Indoor cardio: For any fitness level, any space & any time
- Strategies for supporting men who've experienced sexual violence
- The art of adulting: 3 key ways to own it as a grown up

[ulwellbeingspark.org](http://ulwellbeingspark.org)

Back Pain? Stressed?

Book your 30 MIN. Chair Massage TODAY!

SAC- Mon. & Wed. 12pm - 4pm

SRC- Tuesdays 12pm - 4pm

HSC- Thurs. & Fri. 11am - 3pm

Schedule your \$8 appointment:

[uofl.edu/healthpromotion/services](http://uofl.edu/healthpromotion/services)

**Free HIV Testing**

Every Thursday  
Wellbeing Central  
SAC W309  
11AM - 3PM

NO APPOINTMENT NEEDED

Join us for a **FREE** fitness class provided by

**barre3**

Tuesday February 6  
6PM - 7:30PM  
Red Barn

To register:  
[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)  
click: Elements of Wellbeing>Programs & Workshops

GIVEAWAYS

IMPROVE BALANCE

ENHANCE STRENGTH

INCREASE FLEXIBILITY

*Navigate the waves of life.*

Register now for a 4-session mindfulness workshop for students.

**4 Tuesdays**

**5:15 - 6:30PM**

**Ekstrom Library**

**RM 117A**

You commit to all 4 sessions when you register.

[uofl.edu/healthpromotion>Services>Mindfulness&Meditation](http://uofl.edu/healthpromotion>Services>Mindfulness&Meditation)

Optional: You could earn \$100 while participating in 2-4 hours of brain imaging before and after the 4-week meditation workshops.  
For more information: [nilcamp1@gmail.com](mailto:nilcamp1@gmail.com)

Sign Me Up!

Receive the Wellbeing Quickie in your email!

Contact:

[healthpromo@louisville.edu](mailto:healthpromo@louisville.edu)



@HealthyCards



UofL Health Promotion

**HEALTH PROMOTION**

A Division of Campus Health Services

Health Promotion Wellbeing Central

SAC W309

P:502.852.5429

[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)