



# WELLBEING SPARK

YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

## Check out what **HEALTH PROMOTION** can do for you!

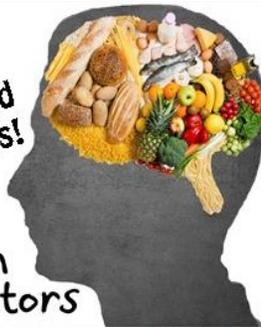
Take advantage of the services offered to grow into the happiest, healthiest, and most resilient you!

**once a week**  
**FREE HIV TESTING**  
**NO NEEDLE!**

Learn to navigate your way to nutrient dense food choices on campus!



Nutrition Navigators



**LEARN TO NAP LIKE A CHAMP!**



**BOOK A FLASH NAP PROGRAM**



**\$8/30min**  
**CHAIR MASSAGE**  
**By appointment**

**U4FIT** \$20 Package Includes:

- FitAssessment
- FitAccountability
- FitCoaching
- FitSocial
- FitProgram
- T-SHIRT

**20 Mindful Minutes**  
Drop in for guided relaxation, a snooze, meditation or just a quiet, calm space

**FREE YOGA**

Led by Certified Yoga Instructors Matt Harris and Beth Tantarella

**SAFE IS SEXY**  
**FREE SAFER SEX SUPPLIES**

Visit [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion) for more details



**HEALTH PROMOTION**  
*Learn More. Live Well.*

Health Promotion Wellbeing Central  
P:502.852.5429  
[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)



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