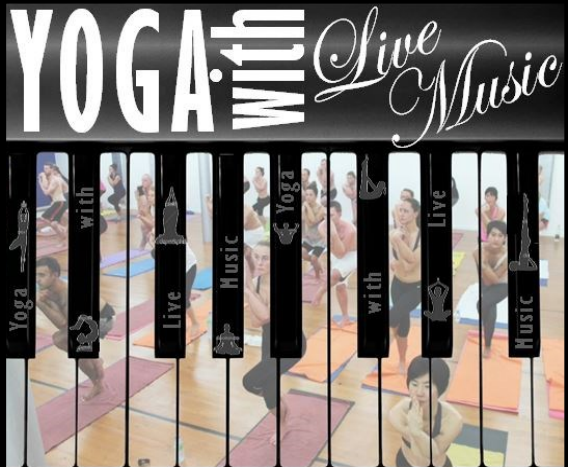


volunteers fitness safer-sex-supplies STtesting U-Fit flu-kits vitality resilience academic SexualHealth Louisville  
 NutritionNavigators smoking-cessation fit-coach message yoga advocates  
 FlashNap  
 promotion HungryCards excellence

# CAMPUS Health NEWS

Want to receive Campus Health News via email? Contact: [healthpromo@louisville.edu](mailto:healthpromo@louisville.edu)  
**SIGN UP TODAY!**



**YOGA with Live Music**  
 Thursday, March 12th 2015 8:00pm-9:00pm  
 Location: SRC Room 200  
 Teacher: Matt Harris, Certified Yoga Instructor  
 Musician: Rob Monsma on keyboard  
 Details at [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)  
 No experience necessary  
 All equipment provided

**HAVE A SAFE SPRING BREAK**



Whether you are going away or staying here, warmer weather & more free time will soon be upon you!

The best way to stay safe is to be prepared  
*This week's challenge:*  
**PREPARE YOURSELF FOR A SAFE SPRING BREAK**

**Tips for a Safe Spring Break:**

- STAY HYDRATED! Whether you are thirsty or not make sure to drink plenty of H2O.
- If sexually active, practice safer sex and gain consent from your partner.  
 Free safer sex supplies available at the Health Promotion Office.
- Stick with someone you know and inform others of where you are at all times.
- Track alcohol consumption if drinking and be aware of signs of alcohol poisoning.
- Wear sunscreen and make sure to reapply every 2 hours.



Facilitated by Karen Newton, MPH, RD & Holly Knight, MA

**4 WEEK SERIES:**  
 March 25th, April 1st, 8th, & 15th  
 Wednesdays 7:00pm-8:30pm

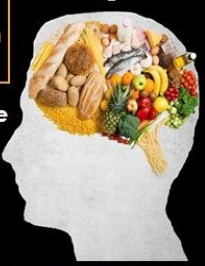
Location: Health Promotion Office

**\$12 FOR ALL SESSIONS**  
 FOOD & RESOURCES INCLUDED

Enrollment is limited

Participants should plan to attend all 4 sessions plus one individual pre-series appointment

Registration, payment, and more information at: [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)



**SAFE IS SEXY**

Stop by the **Wellbeing Station** in the SRC

March 12th from 5-7pm for information and resources on how to have a fun and safe SPRING BREAK!

- Event includes FREE:
- \* Sexual Health Resources
  - \* Hydration Station
  - \* Skin Cancer Screenings from KentuckyOne Health
  - \* Spring Break giveaways from SAB



Between the SAC and Houchens  
 P:502.852.5429  
[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

@HealthyCards  
 UofL Health Promotion