



# CAMPUS HEALTH NEWS

YOUR CALL TO ACTION AND LATEST WELLBEING NEWS



**Reserve time on a  
TREADMILL DESK  
Today!**

Great for reading, studying,  
meeting, & more!  
It's FREE! Book as much time  
as you need.

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

## 20 Mindful Minutes

*Relax and Refocus*

Drop in for guided relaxation, a  
snooze, or a quiet calm space.

Mon-12:30pm, Health Promotion Office  
Wed-9:00am, Life Sciences Rm 127  
Thurs-12:30pm, Interfaith Center



**KORU**  
mindfulness

**B114: 4 Tuesdays**

March 22, 29, April 5, & 12

5:15pm-6:30pm

Health Promotion-Waiting Room

To register:

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



## TAKE BACK THE NIGHT

Wed, March 30th. UofL Red Barn

Panel Discussion— 3:30pm

Resource Fair— 5:00pm

Rally & March 6:00pm

[louisville.edu/peacc](http://louisville.edu/peacc) for more info

HAVE YOU COMPLETED **THE WELLBEING SURVEY?**  
**DO IT NOW!**

It's in your inbox and takes LESS THAN 10 MINUTES!  
Don't miss your chance to win an amazing prize!

Receive Campus Health  
News in your email!

Contact:

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

**SIGN UP TODAY!**



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

 @HealthyCards

 UofL Health Promotion