



# WELLBEING QUICKIE



YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

University of Louisville ● March 2017 Vol 1



In collaboration with  
Presents...



UofL Institutional Review Boards  
IRB NUMBER: 17-0143  
IRB APPROVAL DATE: 02/26/2017

## Mindful Eating Workshop

4 WEEK SERIES:

March 27th, April 3rd, 10th  
& 17th  
5.30—7.00 pm

Location: Health Promotion  
Wellbeing Central SAC W309



**FREE**  
as part of research study

Food and resources  
included

Study conducted by Dr. Cheri Levinson  
502-852-7710 or cheri.levinson@louisville.edu

Questions and register  
email Irina  
iamaso01@louisville.edu

[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)  
[www.louisvilleeatlab.com](http://www.louisvilleeatlab.com)

## PUT YOUR BEST FORK FORWARD

MARCH IS NATIONAL NUTRITION MONTH!

Check out these events  
around campus all month long!

March 20

UofL Smart Plate Selfie  
Take a selfie with your Smart Plate and tag Nutrition Navigators on Instagram to be eligible for a prize!

March 22

Water Wednesday  
Try to get at least 64 ounces of water every day.  
Get a FREE water bottle!

March 23

Smoothie Day  
Look for Rock the Bike on campus for Free smoothies!

March 28

Tea Tasting Tuesday  
Ditch your sugary sodas for some immune-boosting tea.

March 29

Whole Grain Sampling Day  
Stop by the SAC 309 for FREE samples of whole grains, games & prizes!  
Under 500 Calories  
Go to any campus restaurant and try an item with 500 calories or less to receive a prize voucher.



## Enter to Win \$2000!

Read a featured article at  
[louisville.readsh101.com](http://louisville.readsh101.com)  
& enter to win \$2000!

## Wellbeing SPARK Headlines

Your everyday money mistakes:  
5 ways to spend smarter



Selfie Revolution:  
Be a role model,  
not just a model

The struggle is real.  
Relief is possible.

## LEARN TO SURF

Learn mindfulness to reduce stress  
and navigate the waves of life.

Register for a 4-session  
basic mindfulness workshop  
or half day retreat.



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

## TEAMWORK MAKES THE RESILIENCE WORK

REQUEST A PROGRAM FOR YOUR GROUP!



Get your group involved with wellbeing & resilience!  
Request a program from our exciting menu  
of program options listed on our website.

- Flash Nap
  - Bartending 101
  - Grocery Store Tours
  - Wellbeing BINGO
  - Taste of Mindfulness
  - Cooking Workshop
  - Condoms & Candy
- PLUS MANY MORE!**

SIGN ME UP!

Receive the  
Wellbeing Quickie  
in your email!

Contact:

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



@HealthyCards



UofL Health Promotion



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

A Division of Campus Health Services

Health Promotion Wellbeing Central  
SAC W309  
P:502.852.5429  
[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)