

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



Location: Health Promotion Wellbeing Central SAC W309

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 www.louisvilleeatlab.com



Enter toWin \$2000!

Read a featured article at 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.



PUT YOUR BEST FORK FORWARD

MARCH IS NATIONAL NUTRITION MONTH!

Check out these events around camp<mark>us all m</mark>onth 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.



healthpromo@louisville.edu

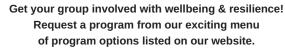


TEAMWORK MAKES THE RESILIENCE WORK

REQUEST A PROGRAM FOR YOUR GROUP!

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

in your email! Contact:









Health Promotion Wellbeing Central **SAC W309** P:502.852.5429 louisville.edu/healthpromotion