

# WELLBEING QUICKIE



YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

University of Louisville



March 2017 Vol 2

## PUT YOUR BEST FORK FORWARD

MARCH IS NATIONAL NUTRITION MONTH

Check out these events around campus all month long!

### 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 W309 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.

Nutrition **Navigators** 





Wellbeing Central SAC W309

**PROMOTION** 

Food and resources included

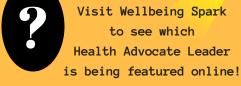
as part of research study

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

## **HAL Sparklight**



Read a featured article & enter to win \$2000!

louisville.readsh101.com





he struggle is real. Relief is possible. Mindfulness Retreat Saturday, April 1 11:30 am - 3:45 pm SAC W309K **Register Online** 



A Division of Campus Health Services



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