



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.



TAKE BACK the NIGHT

MARCH+RALLY

APRIL 4, 2017

Resource Fair
RED BARN
COURTYARD
5-6:30PM

Speak Out + Vigil
RED BARN
6:30PM

March
RED BARN
7:45PM



FOR MORE INFORMATION GO TO LOUISVILLE.EDU/PEACC



In collaboration with
Presents...



UofL Institutional Review Boards
IRB NUMBER: 17-0143
IRB APPROVAL DATE: 02/28/2017



FREE
as part of research study

Food and resources included

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

4 WEEK SERIES:
March 27th, April 3rd, 10th & 17th
5.30—7.00 pm

Location: Health Promotion
Wellbeing Central SAC W309



Questions and register email Irina
iamaso01@louisville.edu

louisville.edu/healthpromotion
www.louisvilleeatlab.com

HAL Sparklight



Visit Wellbeing Spark to see which Health Advocate Leader is being featured online!

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@HealthyCards



UofL Health Promotion

The struggle is real.
Relief is possible.

Breathe Easy Mindfulness Retreat

Saturday, April 1

11:30 am - 3:45 pm

SAC W309K

Register Online



Receive the Wellbeing Quickie in your email!

Contact:

healthpromo@louisville.edu



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