

volunteers fitness safer-sex-supplies STtesting U-Fit flu-kits vitality resilience academic SexualHealth Louisville
 NutritionNavigators smoking-cessation fit-coach message yoga advocates
 promotion HungryCards excellence FlashNap

CAMPUS Health NEWS

Want to receive Campus Health News via email? Contact: healthpromo@louisville.edu
SIGN UP TODAY!

Health and Nutrition Tip:

Brought to you by your Nutrition Navigators
SLOW DOWN AT MEALS! Allow yourself more time to eat. Pay attention to the food's texture, taste, and flavor. Chew slowly and relax! Following these instructions can help you feel more satisfied, reduce overeating, and avoid heartburn.



INFORM

Let's Talk About SEX!

Interactive panel on Birth Control & STI Trends on Campus

November 11th 2014 7:00-8:00pm

Location: JB Speed 100

Discuss the newest birth control methods available with medical professionals, learn how to choose the right method for you, and address STI trends & updates. Q&A to follow.

FREE FOR STUDENTS • SNACKS PROVIDED



Learn how to manage your stress!
 Join us for a **Stress Resilience Workshop**
 Nov. 18th Louisville Hall Lobby
 or
 Nov. 24th Shumaker 139
 For more info visit:
louisville.edu/healthpromotion

Eat Smart to be Smart

Ever wonder how the foods you eat affect how you think?



With finals coming up now is the time to think about how to

SUSTAIN YOUR BRAIN

Book an appointment with a Nutrition Navigator to explore which foods enhance cognitive performance & learn how to feed your mind so it works at its best!

To book an appointment visit:
louisville.edu/healthpromotion

INTERN

Interested in Interning?

Stop by the Health Promotion Office's table at the Exercise Physiology Internship Fair to learn more about what a fun and rewarding internship at the Health Promotion Office can do for you!

November 12th 8:00am-10:00am at the University Club

For more information visit:
louisville.edu/healthpromotion



HEALTH PROMOTION
Learn More. Live Well.

Between the SAC and Houchens
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