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 NutritionNavigators smoking-cessation fit-coach message yoga advocates
 FlashNap promotion HungryCards excellence

CAMPUS Health NEWS

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

Thanksgiving Travel Tip:

Heading home to see family & friends over the break? Follow these safety tips to help keep yourself and others safe!

- ◆ Don't text and drive
- ◆ Watch out for black ice on the roads
- ◆ Follow the speed limit and buckle up
- ◆ Avoid night travel whenever possible

HAVE A HAPPY THANKSGIVING!!

WANT TO AVOID FEELING MORE STUFFED THAN THE TURKEY ON THANKSGIVING?

Keep these health tips in mind to prevent the dreaded food-coma!



- ◆ Be mindful of serving sizes
- ◆ Eat on a smaller plate so you put less on your plate
- ◆ Eat more vegetables than meat and starch
- ◆ Limit vegetables smothered in cheese and butter
- ◆ A little bit of gravy goes a long way
- ◆ Challenge yourself to have only one serving of dessert
- ◆ Go for a walk after dinner



For guidance making healthy food choices, schedule an appointment with a Nutrition Navigator at: louisville.edu/healthpromotion

HAPPY THANKSGIVING

Stressed about finals?
 Need a place to relax and unwind?

CALM CAFÉ

Tuesday, December 9th
 11:00am-4:00pm

Health Promotion Activity Room
 Student Services Annex (between the SAC & Houchens)

- Free Massage • Energizing and Calming Snacks • PEACC-ful Nap Zone • Stress Resilience Tips • Variety of Soothing & Invigorating Teas & Coffees • Quiet & Stress-Free Study Space • Paws Effect 🐾

For more information visit:
louisville.edu/healthpromotion

FINALS FEAST: Breakfast... for a Buck?!



Bring a canned good and eat for only \$1! (or 1 meal swipe)

Delicious food, games, prizes, & hot cocoa!

Monday, December 8th
9:00pm – 11:00pm at The Ville Grill

FREE MESSAGE PROVIDED BY THE HEALTH PROMOTION OFFICE

For more information visit:
louisville.edu/firstyear



HEALTH PROMOTION
Learn More. Live Well.

Between the SAC and Houchens
 P:502.852.5429
louisville.edu/healthpromotion



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