

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

CAMPUS Health NEWS

Receive Campus Health News in your email! Contact: healthpromo@louisville.edu
SIGN UP TODAY!

DID YOU KNOW?
 The Mid-American College Health Association Conference is being held RIGHT HERE in Louisville! As one of the healthiest colleges in the US it is an honor to host such a prestigious event.



Back by Popular Demand
CALM CAFE
 December 8th, 11am-4pm
 Free Massage, Drinks and Snacks, PEACC-ful Nap Zone, and more!

Does the semester have you feeling like



Book a \$7 half hour chair massage through the Health Promotion Office to feel refreshed & ready to ace your finals
louisville.edu/healthpromotion

EAT, MOVE, SLEEP

IT'S NOT TOO LATE TO FOCUS ON YOUR FITNESS



U4FIT

Appointments still available for personalized work out programs, fit coaching, fit accountability & more!

For more info and to book: louisville.edu/healthpromotion

Why CRASH NAP when you could FLASH NAP



Learn the steps to practicing intentional, efficient and effective napping

November 10th 8-9pm
 Bettie Johnson Hall, TV room

NAP FRIENDLY SNACKS & MASKS PROVIDED

NEW 1-CREDIT HOUR COURSE THIS SPRING: HSS 150-16

**EAT
 MOVE
 SLEEP**

Join your campus wellbeing specialists from the HPO as they guide your experience with a personalized approach to eat, move, & sleep to support your academic & personal success. Practice these concepts in class to enhance resilience and your life!

louisville.edu/healthpromotion



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

@HealthyCards
 UofL Health Promotion