



# WELLBEING QUICKIE



YOUR QUICK CONNECTION TO LIVING WELL

Want more than a quickie? Visit [ULWellbeingSpark.org](http://ULWellbeingSpark.org)

## Mindfulness Retreat

Better Sleep

Saturday, November 18

11 am- 3:15 pm

Speed Art Museum

Belknap Campus

Less Self Judgement

More Focus

Less Stressed

A silent retreat for UofL & Bellarmine students, faculty & staff.

No mindfulness practice experience required.

Register Online

\$5 enrollment fee includes resources & snacks

## MARK YOUR CALENDAR!

### Calm Café

Tuesday, December 5

11 am - 4 pm

SAC W309K



- Quiet Study Space
- Free Food, Tea & Coffee
- Free Massage
- Nap Zone
- Stress Resilience Resources

**As finals approach, don't forget to take a moment to relax.**

**Health Promotion has many options for your stress resilience needs.**

### Chair Massage

Book a 30 minute chair massage to sleep better & relieve stress.

### Relax & Refocus

Drop in for brief guided relaxation & meditation or simply sit in a quiet, calm space.

SPEED ART MUSEUM

## SLOW DOWN

AT THE SPEED

WHERE ART AND MINDFULNESS MEET

Learn how to mindfully engage with a work of art, guided by recorded narrations.

[speedmuseum.org/slow-down](http://speedmuseum.org/slow-down)

YOGA

### Yoga with Live Music

Sundays

SRC 2nd floor studio

6:45 - 7:45 pm

No class 11/26

### Yoga for Neck & Back with Health Promotion

Nov. 15

6:45 - 7:45 pm

SAC W309K

### Trauma Informed Yoga with PEACC Center

Nov. 7

12 - 1 pm

SAC W309K

**For more information & to sign up for services visit:**

**[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)**

Receive the Wellbeing Quickie in your email!

Contact:

[healthpromo@louisville.edu](mailto:healthpromo@louisville.edu)



@HealthyCards



UofL Health Promotion

## HEALTH PROMOTION

A Division of Campus Health Services

Health Promotion Wellbeing Central

SAC W309

P:502.852.5429

[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)