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

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
 Listen to your body! Are you craving rich hot foods as the weather chills? Don't deny yourself what your body craves. Instead, make it more nutrient dense by adding nuts to hot cereal, eating whole grain pastas and choosing hearty soups loaded with veggies! Visit your Nutrition Navigators for help making the healthiest fall food choices!

REFOCUS

MINDFUL EATING WORKSHOP SERIES

Wednesdays 7:00pm-8:45pm
Oct. 22nd & 29th, Nov. 5th & 12th
plus one individual appointment
\$16 for all 5 sessions

Participants will learn & practice strategies to apply mindfulness and meditation to eating and food choices. Mindful eating transforms struggles with food and renews our sense of pleasure, appreciation & satisfaction with eating.

Registration & more information at:
louisville.edu/healthpromotion

FOOD EVENTS THIS MONTH:

- ◆ **Farmer's Market**
 October 16th. 3:30pm-6:00pm
 Celebrate World Food Day in support of Family Farming, Feeding the World & Caring for the Earth!
- ◆ **Weigh the Waste**
 October 20th. 11:00am-2:00pm
 Participate in Weigh the Waste to help promote sustainability and measure how much food really goes to waste on our campus!
- ◆ **Farm to Table Dinner**
 October 24th. 7:00pm
\$27 or 3 meal swipes per person
 A unique four-course menu, made from scratch by expert chefs using local, farm-fresh ingredients. To make reservations go to:
<https://uofl.sodexomyway.com/>

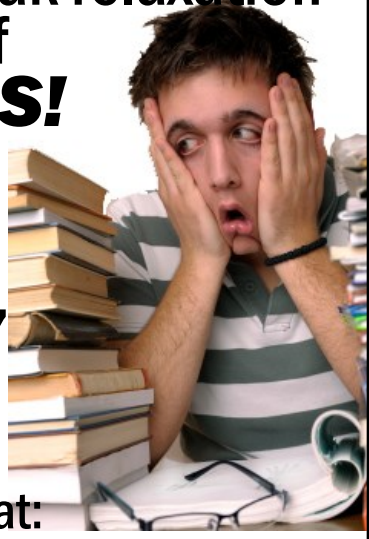
RELAX

The end of fall break relaxation means the start of midterm **STRESS!**

Book a **MASSAGE** to help ease that stress!

30 minutes for \$7
By appointment in the Health Promotion Office

Schedule & pay online at:
louisville.edu/healthpromotion



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

@HealthyCards
 UofL Health Promotion

