

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

# CAMPUS Health NEWS

FlashNap promotion HungryCards excellence

Want to receive Campus Health News via email? Contact: [healthpromo@louisville.edu](mailto:healthpromo@louisville.edu)  
**SIGN UP TODAY!**

## Health and Nutrition Tip:

Brought to you by your Nutrition Navigators

### PUMPKIN PACKS A POWERFUL NUTRITIONAL PUNCH

Pumpkin seeds are among the tastiest & most nutritious seeds around. Don't throw away your carvings; instead, roast, sauté, steam or mash, & enjoy! When you do, count on getting a good supply of vitamin C, fiber, iron, potassium, & other nutrients.



## STAY SAFE THIS HALLOWEEN

-  Trust your gut! If a situation is making you feel uncomfortable, remove yourself. Better safe than sorry!
-  Never accept drinks from people you do not know and never leave your drink unattended.
-  Always travel in groups and make sure a reliable friend knows where you are at all times.
-  Know how you are getting home before you head out for Halloween fun!

For any on campus emergency call: **502-852-6111**

# HAPPY HALLOWEEN

**\*\*\* REMINDER \*\*\***

## UofL is a SMOKE FREE CAMPUS

Please refrain from smoking on UofL property and kindly remind others to do the same!

For smoking cessation coaching and programing visit: [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

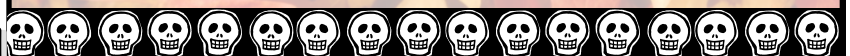


Learn Koru Mindfulness to open your mind and manage your stress!

4-week workshop: Oct 29, Nov 5, 12, & 19  
 4:15pm-5:30pm

Brandeis School of Law, Room LL71  
 Enrollment fee of \$12 includes the book.

For more information and to register visit [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)






## KNOWLEDGE IS POWER. KNOWLEDGE IS PLEASURE.

Want to learn more about female sexuality?

Empower yourself to explore new ways to boost your sexual wellbeing from learning about your body to expressing your 'wants' and 'won'ts' with a partner.

Request a workshop through the HPO: [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

Between the SAC and Houchens  
 P:502.852.5429  
[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

 @HealthyCards  UofL Health Promotion 

**HEALTH PROMOTION**  
*Learn More. Live Well.*