

# WELLBEING QUICKIE

YOUR QUICK CONNECTION TO LIVING WELL

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

Did you receive the Wellbeing & Resilience Survey?

Enter for your chance to win by completing it by March 5th!

Prizes include:

- (1) Beats Pill Speaker
- (1) Specialized Bike
- (1) Beats Wireless Headphones
- (15) 30 minute Chair Massage



## SAFE IS SEXY

HEALTH PROMOTION SUPPORTS 40+ PLAY WELL HOT SPOT LOCATIONS ACROSS CAMPUS WHERE STUDENTS CAN ACCESS FREE CONDOMS, LUBRICANT, AND OTHER SEXUAL HEALTH INFORMATION AND RESOURCES.



### WHERE!?

For complete list of Hot Spot Locations & other sexual health resources:

[louisville.edu/healthpromotion/elements-of-wellbeing/sexual-health-relationships](http://louisville.edu/healthpromotion/elements-of-wellbeing/sexual-health-relationships)

## Meet Health Promotion's Stress Resilience Health Advocate Leaders

### Stress Resilience Services provided:

- Flash Nap Workshops
- Relax & Refocus
- Wellbeing Jams
- Yoga with Live Music
- AND MUCH MORE!

Top: Aliyah Bailey, Mackenzie Burke, Bottom: Oliver Sayani, Halie Sawyers



MARCH 2018 ISSUE



- The student guide to understanding credit
- Social support: The most overlooked self-care routine
- Ask the health educator: "How do you know if you're in a healthy relationship?"
- 7 ways to lower your risk of STIs
- FitnessU: Ramped-up indoor cardio to get your heart pumping

[ULWELLBEINGSPARK.ORG](http://ULWELLBEINGSPARK.ORG)



@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)

Receive the Wellbeing Quickie in your email!

Contact:

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