

WELLBEING QUICKIE

YOUR QUICK CONNECTION TO LIVING WELL

Want more than a quickie? Visit ULWellbeingSpark.org

EAT Mindfully
Healthy
With Pleasure

4-week
Eating
Awareness
Training
Workshop



Open to:
Students &
Employees

UofL Institutional Review Boards
IRB NUMBER: 17-0143
IRB APPROVAL DATE: 08/09/2017
IRB EXPIRATION DATE: 02/25/2018

Information & Registration:
www.louisvilleeatlab.com/eat



Study conducted by Dr. Cheri Levinson
cheri.levinson@louisville.edu

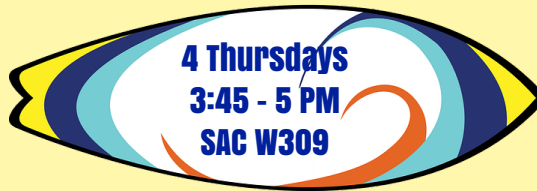
In partnership with



Learn to Surf

LEARN MINDFULNESS TO REDUCE STRESS
AND NAVIGATE THE WAVES OF LIFE.

Register now for a 4 - session
basic mindfulness workshop!



OCT. 26

NOV. 2

NOV. 9

NOV. 16

Yoga for STRESS RESILIENCE UPCOMING DATES



Resilient Yoga
with BRICC Coalition
Oct. 26
7:15 - 8:15 pm
TKE Suite

Trauma Informed Yoga
with PEACC Center
Nov. 7
12 - 1 pm
SAC W 309K

Yoga for Sleeping
with Health Promotion
Oct. 11 & 18
6:45 - 7:45 pm
SAC W 309K

FREE HIV TESTING EVERY THURSDAY SAC W309 11 am - 3 pm



ULWELLBEINGSPARK.ORG

October 2017 Headlines

- Your good-roomie guide: How to keep the peace
- With someone who drank too much? How you can help
- Wake & meditate: Your guide to a mindful morning
- 5 tried-and-true money saving tips for students



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



FIND YOUR FIT at the SRC

Walking into a gym can be
intimidating!
Let us help you find your fit in
the Student Recreation Center
(SRC).

**Schedule your personal
tour today!**

For more information & to sign up for services visit:
louisville.edu/healthpromotion

Receive the Wellbeing Quickie in your email!
Contact:
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