



WELLBEING QUICKIE

YOUR QUICK CONNECTION TO LIVING WELL

Want more than a quickie? Visit ULWellbeingSpark.org

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

Made possible by **HEALTH PROMOTION**
Division of UofL, Campus Health Services
louisville.edu/healthpromotion

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
Sept. 28th
7:15 - 8:15 pm
TKE Suite

Trauma Informed Yoga with PEACC Center
Oct. 3
12 - 1 pm
SAC W 309K

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

WELLBEING ONLINE

Campus Health Services brings you **Wellbeing SPARK** the app, your digital campus health connection.



Download the FREE app for android and iOS
In your app store search > **uofl wellbeing spark**

Available on the **App Store**
Get it on **Google play**

Flash Nap Workshop

Wondering why you wake from a nap feeling more tired than before?



This workshop teaches the steps to intentional, efficient and effective napping.
Request a program/ workshop on our website.

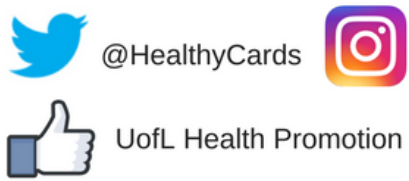
Stressed?

Need a minute to regroup? Drop in for brief guided relaxation & meditation or simply sit in a quiet, calm space.



Relax & Refocus schedule is now posted on our website.

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



HEALTH PROMOTION

A Division of Campus Health Services

Health Promotion Wellbeing Central
SAC W309
P:502.852.5429
louisville.edu/healthpromotion