

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

CAMPUS Health NEWS

Want to receive Campus Health News via email? Contact: healthpromo@louisville.edu
SIGN UP TODAY!

START YOUR SEMESTER OFF RIGHT BY MAKING YOUR HEALTH A PRIORITY

- ◆ **FREE YOGA CLASSES**
 4 classes per week. Registration required. All levels welcome!
- ◆ **FREE HIV TESTING**
 Wednesdays from 11-2. Mouth swab, no needle!
- ◆ **\$7 MASSAGES**
 30 minute chair massages by appointment 3 days a week!
- ◆ **FREE NUTRITION NAVIGATION**
 By appointment or during meals 3 days a week in the Ville Grill!
- ◆ **\$15 U-FIT PROGRAM**
 Fitness assessment, coaching and more!

For schedules, registration and more information:
louisville.edu/healthpromotion

NATIONAL EATING DISORDERS ASSOCIATION
NEDAWALK
 Saturday Sept. 20th 2014
 UofL Lacrosse Stadium
 8:30 am Registration/Check in
 Register at:
www.nedawalk.org/louisville2014

Learn

MEDITATION 101
 Dates: Sept. 24th, Oct. 1st, 8th & 15th
 Wednesdays 7:00pm-8:45pm in the SRC
 \$16 for all 4 sessions
 Registration & Payment Online at:
louisville.edu/healthpromotion

Enjoy

FARMER'S MARKET
 Every Thursday from 3:30pm-6:00pm
 Located outside the Ville Grill
 Stop by September 19th to meet your Nutrition Navigators and sample some free, local & sustainable polenta pizzas!



Experience

YOGA WITH LIVE MUSIC
 Keyboard, Guitar & Drums
 Dates: Sept 18th & 22nd
 8:00pm-9:00pm in the SRC
 Registration & more information at:
louisville.edu/healthpromotion



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

@HealthyCards
 UofL Health Promotion