

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

CAMPUS Health NEWS

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

Health and Nutrition Tip:

Brought to you by your Nutrition Navigators

Dietary fiber is not just roughage! High-fiber foods like veggies, beans and fruits, help weight balance because they are low in calories, make you feel full longer and often require more chewing time!

-US Department of Agriculture

For help finding foods high in fiber & other nutrition tips visit your Nutrition Navigators in the Ville Grill or make an appointment online at: louisville.edu/healthpromotion

Prevention

Flu Shot Week Sept. 22nd-27th

Various convenient locations around campus



*****DID YOU KNOW?** It is a MYTH that you can get the flu from the flu vaccine! The flu shot is inactivated and CANNOT cause the infection!

GET IMMUNIZED BEFORE IT'S TOO LATE!

Information on Flu Shot Clinic locations can be found at: louisville.edu/campushealth



Wed. Sept. 30th
 5:30-7:00pm

UofL Red Barn

Protest violence against women & promote awareness of the attitudes, beliefs, and behaviors, which perpetuate this specific type of violence.

For more info check out the PEACC website at:

louisville.edu/peacc

Awareness

Where's the Beef? Sept. 24th

Location: UofL Red Barn Starts: 11:30am

Free, fresh, luscious and local cuisine: vegetarian and vegan...give meatless Wednesday a try!

Come visit the Petting Zoo!



NATIONAL EATING DISORDERS ASSOCIATION

NEDAWALK

Saturday Sept. 20th 2014

UofL Lacrosse Stadium

8:30 am Registration/Check in

Register at:

www.nedawalk.org/louisville2014

Preservation

World Car Free Day Sept. 22nd

Outside the Humanities Building in the Quad

Join us in raising the profile of car-free living, building resilient communities, and inspiring others to try the many transportation alternatives available to everyone at UofL!

Free bike bells when you register your bike!

More information on this international event at:

<http://www.worldcarfree.net/wcfd/>

FARMER'S MARKET
 Every Thursday from 3:30-6:00pm
 Located outside the Ville Grill

Stop by September 19th to meet your Nutrition Navigators and sample some free, local & sustainable polenta pizzas!



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

@HealthyCards
 UofL Health Promotion