


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

Receive Campus Health News in your email! Contact: healthpromo@louisville.edu
SIGN UP TODAY!

DID YOU FLU LOU?



IT'S NOT TOO LATE!
FREE FLU SHOTS STILL AVAILABLE
 Stop by the Law School Lobby
9/30 from 11-4
 or
 Drop into Campus Health
 No appointment necessary
louisville.edu/campushealth
 for more info

H A P P Y ' F A L L Y ' A L L

THINK IT'S IMPOSSIBLE TO EAT HEALTHY ON CAMPUS?



THINK AGAIN!

Visit your Nutrition Navigators in the Ville Grill for wellbeing challenges & guidance to navigate your way to healthy meals!



Look for the Play Well column in the Cardinal Newspaper for advice, information and F.A.Q.s about sexual health!

Time to get your cat & cow on



FREE YOGA CLASSES

Lead by certified yoga instructors 4 days a week!
 For schedule & to register visit: louisville.edu/healthpromotion



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

 @HealthyCards
 UofL Health Promotion