

WELLBEING QUICKIE

YOUR QUICK CONNECTION TO LIVING WELL

Want more than a quickie? Visit ULWellbeingSpark.org



FREE FLU SHOTS

Provided by Campus Health Services
louisville.edu/campushealth



Belknap Campus

Sept. 13	08:00 am - 3:30 pm	Bigelow Hall
Sept. 14	10:30 am - 2:30 pm	Speed School Duthie Lobby
Sept. 18	11:30 am - 1:30 pm	Law School Washer Lounge
Sept. 21	11:15 am - 1:15 pm	ELC

HSC

Sept. 12	8:30 am - 12:30 pm	Dental School 119 a & b
Sept. 14	7:00 am - 10:00 am	HCOC 110
Sept. 15	8:00 am - 12:30 pm	Abell Administration Bldg 110
Sept. 21	7:00 am - 10:00 am	HCOC 110

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,
your digital campus health connection.

Visit:

ULWELLBEINGSPARK.ORG

Want to take wellbeing with you?

There's an app for that!

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



The consent conversation Workshop

That's what she/he/they said.

This interactive workshop covers various aspects of consent where you will practice skills involved in asking for and giving consent to a partner.

other sexual health & relationships workshop/program options:

- Safer Sex
- Female Sexuality
- Condoms & Candy

Request a program/ workshop
on our website.

U4FIT

\$10 Package:

- Four sessions w/
your personal fit coach
- Fitness Assessment
- Personalized workout plan
- U-Fit t-shirt

For more information visit:
louisville.edu/healthpromotion



@HealthyCards



UofL Health Promotion



HEALTH PROMOTION
Live well. On purpose.

A Division of Campus Health Services

Health Promotion Wellbeing Central
SAC W309

P:502.852.5429

louisville.edu/healthpromotion