

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 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

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.

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**

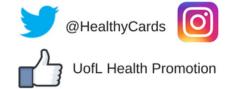
Yoga for Sleeping with **Health Promotion** Oct. 11th 6:45 - 7:45 pm

SAC W 309K



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

For more information visit: louisville.edu/healthpromotion





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