

# WELLBEING QUICKIE

YOUR QUICK CONNECTION TO LIVING WELL

Want more than a quickie? Visit [ULWellbeingSpark.org](http://ULWellbeingSpark.org)

## Calm Café

Tuesday, April 24  
11 am - 4 pm  
SAC W309K

- QUIET STUDY SPACE
- FREE FOOD, TEA & COFFEE
- FREE 15 - MINUTE CHAIR MASSAGE
- NAP ZONE
- STRESS RESILIENCE RESOURCES

## Stress Resilience Yoga for Women

Friday, April 20  
5 pm - 6 pm  
SAC East Gym

### Register Today!

<https://uoflhealthpromotion.as.me/womenstressresilienceyoga>



April 2018 Issue

**WELLBEING SPARK**  
YOUR DIGITAL CAMPUS HEALTH CONNECTION  
University of Louisville

- **FitnessU:** High-intensity interval training (HIIT) - A fast way to fit
- **Need a caffeine break?** Here's how to stay alert all day without it
- **UCookbook:** Decadent DIY granola
- **Ask the doc:** "What do I do about bad body odors?"
- **8 proven ways to be happier that you can try today**

[ULWELLBEINGSPARK.ORG](http://ULWELLBEINGSPARK.ORG)



### Meet Health Promotion's Food, nutrition & cooking Health Advocate Leaders

Food, nutrition & cooking services provided:

**Nutrition Navigators-** Provide UofL students with food and nutrition education and advice at campus dining venues and via personal appointments.

**Cooking workshop-** Learn from a local chef how to prepare meals using student-friendly recipes.

**Top: Brianna Berry**  
**Bottom: Rebecca Myers**

@HealthyCards

UofL Health Promotion

## HEALTH PROMOTION

A Division of Campus Health Services

Health Promotion Wellbeing Central  
SAC W309  
P:502.852.5429  
[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

Receive the Wellbeing Quickie in your email!  
Contact:  
[healthpromo@louisville.edu](mailto:healthpromo@louisville.edu)