



WELLBEING QUICKIE

YOUR QUICK CONNECTION TO LIVING WELL

Want more than a quickie? Visit ULWellbeingSpark.org

**Book your appointments & workshops early!
Visit louisville.edu/healthpromotion for our offerings.**

YOGA OPPORTUNITIES

All Fitness Levels Welcome

Yoga for Women

Tuesday, Oct. 02

Thursday, Nov. 08

Tuesday, Dec. 04

6PM-7 PM

Visit website for locations.

Yoga with Live Music

Every Sunday

6:45PM-7:45PM

SRC



relax & REFOCUS

Drop in for brief guided relaxation & meditation or simply sit in a quiet, calm space.

Visit website for times & locations.

MINDFULNESS RETREAT

Saturday, November 17

11 AM - 3:30 PM

Speed Art Museum

Lunch & Yoga Included

Reserve your spot today at:
uofl.edu/healthpromotion/services

CONDOMS & CANDY with Iota Phi Theta Tuesday, 9/18 5:30 PM Cultural Center

lunch & learn

Bring your lunch, leave with knowledge and skills.

Tuesday, 9/18

Taste of Mindfulness

Wednesday, 9/19

Consent Conversation

Thursday, 9/20

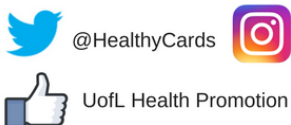
Wellbeing BINGO

1 PM - 1:30 PM

SAC W107

Have you gotten your steps in today?

Reserve your spot for the Tread Desk located across from the Welcome Desk in SAC.



HEALTH PROMOTION
A Division of Campus Health Services

Health Promotion Wellbeing Central
SAC W309
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louisville.edu/healthpromotion

Receive the Wellbeing Quickie in your email!
Contact:
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