



WELLBEING SPARK

YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

REQUEST A PROGRAM FOR YOUR GROUP

Increase your group's wellbeing and resilience! Request a program from our exciting menu of program options listed on our website. Click "Request a Program."

- Alcohol & Substance
- Food, Nutrition & Cooking
- Fitness & Movement
- Sexual Health & Relationships
- Stress Resilience
- Sleeping & Napping



This is your life.
Don't Miss It.

The struggle is real. Relief is possible.
Register now.

<http://louisville.edu/healthpromotion/services/mindfulness-meditation>

Workshop #B116
4 Wednesdays
Oct 12, 19, 26, Nov 3
5:30-6:45pm
Ekstrom Library 117A

BELKNAP

Workshop #B117
4 Thursdays
Oct 13, 20, 27, Nov 3
2:45-4:00pm
SAC W309K

Workshop #H118
4 Mondays
Oct 17, 24, 31, Nov 7
5:15-6:45 pm
Abell 110

HSC

Workshop #H119
4 Wednesdays
Oct 26, Nov 2, 9, & 16
4:15-5:30pm
K Building 2017

FREE HIV TESTING
TUESDAYS 11-3
SAC W 309
Drop-in

Saturday, October 15th
10:00 am– 2: 15 pm
UofL Belknap
Miller Hall FYRC

KORU RETREAT

The struggle is real.
Register for relief.
www.louisville.edu/healthpromotion

Click Services/Mindfulness & Meditation
\$10.00 enrollment fee includes lunch

Learn mindfulness & practice meditation

Health Promotion and PEACC are Re-located!

Check out our new spaces in SAC W309 and grab a flu kit!

Receive the Wellbeing Spark in your email! Contact: healthpromo@louisville.edu

SIGN UP TODAY!