



WELLBEING SPARK

YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

This is YOUR life. Don't miss it.



20 MM sessions are available in multiple locations around campus. Drop in to relax, refocus, and relieve stress.

Find location near you at:
louisville.edu/healthpromotion/services/20-mindful-minutes

Psst... check out the featured 20 MM site to the right...

PEACCful Yoga

Tuesday, October 25th at noon in SAC W309K

PEACC Center is this week's featured 20 Mindful Minutes

Site: Thursdays at noon



Got Holds?

Complete AlcoholEdu and

Steps:

- 1) Login at ulink.louisville.edu
- 2) Click "student services"
- 3) Find "AlcoholEdu and Haven" located in middle section
- 4) Complete course(s) for your age group
- 5) Email alchaven@louisville.edu after completing Part 1 to remove hold on account



October is Breast Cancer Awareness Month



Who should care: Everyone who has a body

Where: Wellbeing Station in SRC

When: Tuesday, Oct. 18
11:30am—2:00 pm

What: pink freebies, self-exam demos, genetic screening

Be a Breast Friend



"I drink, but I don't take shots or play drinking games."

88% of UofL students reported that AlcoholEdu prepared them to prevent an alcohol overdose.
(Survey 2, n=2,173, AlcoholEdu incoming student data 2015-2016)

RESILIENT.



Schedule Your Fit Coaching Appointment

Begin your fitness journey or take your fitness to a new level

louisville.edu/healthpromotion/services/u-fit



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

SIGN UP TODAY!



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

