



# WELLBEING SPARK

YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

## OPEN HOUSE

Join PEACC & Health Promotion to celebrate our new location

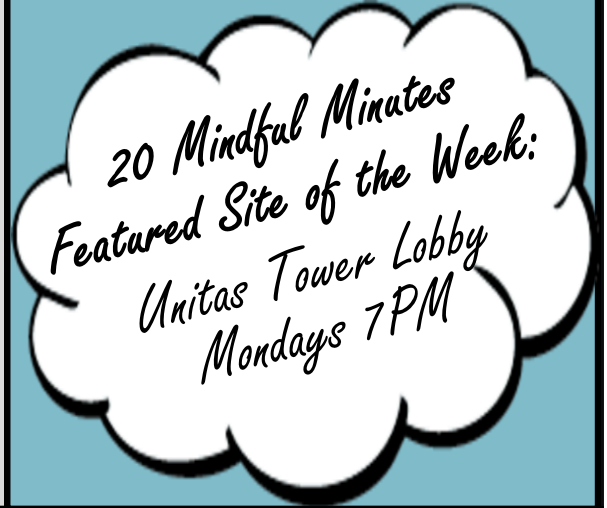
November 15th

SAC W309 & W309H

10am-5pm

Snacks &

Taste of Services




**Flash Nap Workshop**  
**Thursday, November 3**  
**5:15-6:15pm**  
**SAC W309K**



**No Registration Required**  
**Free Flash Nap Mask & Snacks**

**"I alternate alcoholic drinks with glasses of water to reduce my risk."**

72% of UofL students reported that they alternate with non-alcoholic drinks.  
 (Survey 2, n=2,179, AlcoholEdu incoming student data 2015-2016)

**RESILIENT.**



# SAFE IS SEXY

Play Well Hot Spots are in **EVERY** residence hall plus 6 other locations. See list on website.






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

**SIGN UP TODAY!**



**HEALTH PROMOTION**  
*Learn More. Live Well.*

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

 @HealthyCards   
 UofL Health Promotion