




WELLBEING SPARK

YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION

Chair Massage



Visit website **\$8 for 30 min** for more info.

BY APPOINTMENT ONLY

Koru Workshop

Mindfulness & meditation to learn stress resilience and focus. Register for 4 week workshop.

www.louisville.edu/healthpromotion
click services



FREE HIV TESTING

TUESDAYS 11-3

SAC W 309

Drop-in

U-FIT

Schedule Your 1st Appointment Today

4 appointments with your personal Fit Coach include:

- ⇒ Fitness assessment
- ⇒ Workout program
- ⇒ Progress Tracking
- ⇒ Program updates
- ⇒ Fit Socials
- ⇒ Fit Accountability
- ⇒ U-Fit T-Shirt

Koru Retreat

Saturday October 15
10:00am-2:15pm
UofL Belknap Campus

Focus your mind.
Be resilient.



20 Mindful Minutes

Relax and Refocus

Drop in for guided relaxation & meditation or simply a quiet, calm space. Many options for locations, days and times that works for you.



Fall YOGA

Certified Yoga Instructors Laurie LeCompte, Elena Consoli, and Caitlin Rothrock



To schedule an appointment, register for an event, find a program location, or request a service visit:

louisville.edu/healthpromotion



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

SIGN UP TODAY!

HEALTH PROMOTION
Learn More. Live Well.



Location: SACW309
P:502.852.5429
louisville.edu/healthpromotion

 @HealthyCards

 UofL Health Promotion