



# WELLBEING SPARK

YOUR CALL TO ACTION AND CAMPUS HEALTH CONNECTION



## We're Moving!

Health Promotion Wellbeing Central is re-locating to SAC W309 the week of Sept 19th. Find us in the tree-house behind the Floyd theater!

### \$8 - 30 min Chair Massage

Mon & Wed: 12:00-3:30pm  
at Health Promotion Wellbeing Central (SAC W309)

Tues: 1:00-4:30pm  
at the SRC



**NUTRITION NAVIGATORS**  
*Learn More. Eat Well.*

Schedule an appointment at [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion) with a Navigator to get personal coaching how to wisely use your meal plan and where to find good food on campus!



## Koru Retreat



Saturday October 15

10:00am-2:15pm

Focus your mind.

UofL Belknap Campus

Be resilient.

Sign up at [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)



### REQUEST A PROGRAM FOR YOUR GROUP!

Get your group involved with wellbeing and resilience! Request a program from our exciting menu of program options listed on our website.



3... 2... 1...

@HealthyCards

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Follow us to stay up-to-date with events, news, and giveaways!



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

**SIGN UP TODAY!**



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

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



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