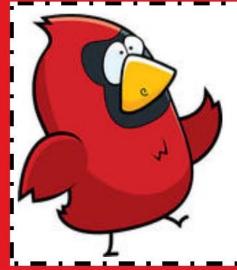


## WELLBEING SPARK

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)



NUTRITION NAVIGATORS Learn More. Eat Well.

Schedule an appointment at 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!







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



Koru Retreat
Saturday October 15
10:00am-2:15pm

FOCUS Uofl Belknap

your

mind. Sign up at louisville.edu/ healthpromotion

Be resilient.



Campus

Receive the Wellbeing Spark in your email! Send request to:

healthpromo@louisville.edu

**SIGN UP TODAY!** 



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



@HealthyCards



**UofL Health Promotion**