

Health Promotion Services Schedule

Fall 2021

Open to UofL Students, Faculty & Staff

	Mon.	Tues.	Wed.	Thurs.	Fri.
8am					
9am					
10am					
11am					
12pm					
1pm					
2pm					
3pm					
4pm					
5pm					
6pm					

Koru Mindfulness Classes - Schedule varies (see website for details)

OMMs - Meditations posted on Instagram @Healthycards

***Koru Mindfulness Classes:** Learn mindfulness & meditation techniques in this 4-session class to decrease stress and improve resilience. Sign up online: <http://louisville.edu/healthpromotion/services/mindfulness-meditation>

OMMs: 10-minute guided meditations for relaxation and increased mindfulness on @healthycards Instagram story & IGTV library!

***Beginner Mat Yoga:** Restorative flow yoga for every body and level. Mats provided, drop-ins welcome! Location: SAC W116 &/OR Microsoft Teams link: <https://cutt.ly/FgDcTyP>

***Mindful 20:** Virtual 15-minute guided meditations for stress resilience and relaxation led by Health Advocate Leaders from Health Promotion. Microsoft Teams link: <https://tinyurl.com/y83hj9ma>

Chair Yoga - Mindful Movement: Virtual 15-minute guided stretches you can do in your office chair. Taught by Yoga instructor. Microsoft Teams link: <https://tinyurl.com/y3be328f>

***REFIT:** beginner-level cardio workout for every body. Dance fitness class with positive uplifting music and heart-work. Drop-ins welcome! Location: SAC E Gym &/OR Microsoft Teams link: <https://cutt.ly/VgDCp5v>

HIV Testing: free, quick confidential HIV testing. Drop-ins welcome! Location: SAC W309

U-fit coaching: personalized one-on-one fitness coaching: 4 appointments for \$10 (includes fitness assessment and workout program). Appointment required. Sign up online: <http://louisville.edu/healthpromotion/services/u-fit>

Chair Massage: Certified massage therapists provide 30-minute chair massages on the HSC campus for UofL students for only \$8. Sign up online: <https://louisville.edu/healthpromotion/services/massage>

Body Positivity: a safe, nonjudgmental space for individuals to explore their personal issues with beauty, health, and identity. Sign up online: <https://uoflhealthpromotion.as.me/BodyPos>

*UofL employees can receive Health Advocate Wellness Points for attending services. Ask the facilitator or email gkn@louisville.edu for details. Not all services apply.