

HSS 150-15; 10081: Oct. 6 - Dec. 6 T/Th 10:00am-11:30am SAC E106L

ONCE IN A WHILE, A CLASS COMES ALONG THAT CHANGES HOW YOU THINK, FEEL, & ACT EVERY DAY.

EAT MOVE SLEEP

1 Credit Hour

Instructor:

Katrina Kaufman, MEd, CHES

Program Coordinator of

UofL Health Promotion

Wellbeing Central

Join your campus wellbeing specialists from HPWC as they guide your experience with a personalized approach to eat, move, & sleep. Why? To support your academic & personal success. Practice these concepts in class to enhance resilience and your life! Discover how small choices really do lead to big changes.



Course instructed through the concepts and theories presented in Tom Rath's best selling book *Eat, Move, Sleep* (the required text for this course). For more information visit:

louisville.edu/healthpromotion