

# Lunch & Learn

The learning is on you. The lunch is on us!



## Wellness Wednesday Series

*Wednesdays from 12-1pm, Lunch provided July 10, other weeks feel free to bring your lunch and join us*

**Wednesday July 10:**

***Energize and Enjoy***

James Lynn, Webb Center

**Wednesday July 17:**

***Summer Produce 101***

Chesapeake, Webb Center

**Wednesday July 24:**

***Snacking/On-The-Go Nutrition***

Chesapeake, Webb Center

**Wednesday July 31:**

***Stay Cool, Stay Healthy***

Virginia Beach, Webb Center



For more information please contact:  
Angie Sutphin, MS, Registered Dietitian at  
[asutphin@odu.edu](mailto:asutphin@odu.edu)

