

Drop It Like It's Hott ...the healthy "weigh"!



Join our 12 week fast-track program to a slimmer, healthier you! Each 1 hour class includes interactive discussion on nutrition, behavior modification and exercise. Facilitated by our very own Registered Dietitian, Tracy Conder, RD, CSSD, this series is the best collaboration of Student Health Services, Recreation & Wellness and



REGISTER TODAY!

[HTTPS://ODU.COL.QUALTRICS.COM/SE/?SID=SV_1YQ5XMXDPRSSIUX](https://odu.col.qualtrics.com/SE/?SID=SV_1YQ5XMXDPRSSIUX)

LOCATION: ODU RECREATION &
WELLNESS CENTER

DATES: TUESDAY'S
04 FEB TO 29 APRIL 2014

TIME: 12:30-1:30 PM

Brought to you by:

- Student Health Services
- Office of Counseling Services
- ODU Recreation & Wellness Center

