

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 Counseling Services you have ever seen! Let our experts help you drop it like it's hot... ODU style in 2014. After all you only get one body, with no refunds or returns. Learn how to treat it right today!

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 ODU:

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

