

## CONTACTS:

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# FITNESS & WELLNESS

# FOOD & FITNESS

Studio A / Ezone  
5:30 p.m. - 7:30 p.m.

Come join the SRC in learning about fitness and food around the world. The first hour will consist of a fun physical activity from a different culture around the world, followed by an hour with the dietitian providing a healthy recipe and sample from the associated cuisine!

February 27

Capoeira & Brazilian Cuisine

April 24

Belly Dancing & Mediterranean Cuisine

March 27

African Dance & African Cuisine



**ODU**  
I D E A FUSION

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