



Are you ready for exams? Wish there was something more you could do to make this mental marathon easier? Get fully prepped and ready by using the power of nutrition when you study... and when you take the exam!

# Eat Smarter, Be Smarter for EXAMS

Join our ODU Campus Dietitian as she shares the best and worst foods you should eat before and during exam week to keep your focus and get rid of that fuzzy brain feeling.

Location: SRC

Date: April 23rd

Time: 12:30-1:30 pm