

Catch the Wellness Wave

at ODU Virginia Beach

Thursdays

Oct 27, Nov 17, Dec 1

2:30 - 3:00

Biometrics in the Atrium

Heart rate, blood pressure, weight & BMI

3:00 - 4:00

**Physical Activity
in Rm 239**



**OLD DOMINION
UNIVERSITY**
VIRGINIA BEACH

IDEA FUSION



Wellness Wave is free and open
to students, faculty and staff