

Catch the Wellness Wave

at ODU Virginia Beach

Thursdays

Sept 8, Oct 27, Dec 1

3:00 - 3:30

Biometrics in the Atrium

Heart rate, blood pressure, weight & BMI

3:30 - 4:30

Physical Activity

in Rm 239



**OLD DOMINION
UNIVERSITY**
VIRGINIA BEACH

IDEA FUSION



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