Employee Wellness at ODU Virginia Beach Fall 2016

TUESDAYS: September 13 October 11 November 15

2:00 - 2:30pm: Biometrics in the Atrium heart rate, blood pressure, weight & BMI 2:30 - 3:30pm: Physical Activity in Room 239

These events are free and open to faculty and staff

FMI: contact Lauren Mayes, Coordinator for Fitness and Wellness at lrmayes@odu.edu