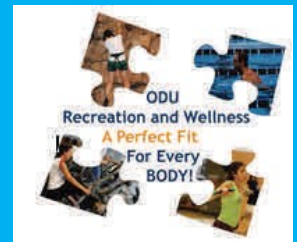




Spring 2016



Employee Wellness at ODU Virginia Beach

Come take a break with us and learn more about your overall wellness

TUESDAYS:

January 12 February 2 March 1

April 5 May 3

12:30 – 1:00pm: **Biometrics in the Atrium**
heart rate, blood pressure, weight & BMI

1:00 – 2:00pm: **Physical Activity in Room 239**



These events are free and open to faculty and staff

For more information contact Lauren Mayes, Coordinator for Fitness and Wellness at lrmayes@odu.edu.