

Catch the *Employee* Wellness Wave

at ODU Virginia Beach

Tuesdays

Aug 16 Sept 13

Oct 11 Nov 15

2:00 - 2:30

Biometrics in the Atrium

Heart rate, blood pressure, weight & BMI

2:30 - 3:30

Physical Activity

in Rm 239



**OLD DOMINION
UNIVERSITY**
VIRGINIA BEACH

I D E A FUSION



Employee Wellness Wave is open to all faculty and staff