Wellness Wave at ODU Virginia Beach Fall 2016

## THURSDAYS: September 8 October 27 December 1

3:00 - 3:30pm: Biometrics in the Atrium heart rate, blood pressure, weight & BMI 3:30 - 4:30pm: 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