

Catch the Wellness Wave

at ODU Virginia Beach

Mondays

Mar 16 & 30

Apr 13 & 27

3:30

Biometrics in the Atrium
(Heart rate & Blood Pressure)

4:00

Physical Workout in Room 251



**OLD DOMINION
UNIVERSITY**
VIRGINIA BEACH



ODU
RECREATION & WELLNESS
Building healthy habits!

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