

# ODU WELLNESS WAVE at ODU-Virginia Beach

**Tuesdays  
12:30 to 1:30pm  
Room 221**



**Tuesday, September 4: Pilates**

Love your Body Program Info in the Atrium

**Tuesday, October 2: Kickboxing**

Breast Cancer Awareness Program Info in the Atrium

**Tuesday, November 6: Resistance Training**

Healthy Holiday Eating Program Info in the Atrium

**Tuesday, December 4: Yoga**

Stress Management Program Info in the Atrium

***Free blood pressure screening will be available in  
the Atrium prior to the workout sessions.***

***All activities are FREE for  
students, staff and faculty.***

**Learn to love fitness as you  
join the ODU Wellness Wave at  
ODU Virginia Beach  
this Fall 2012 semester.  
Sign-up in advance in the  
Learning Commons.**



**1881 University Drive  
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[www.odu.edu/vbhec](http://www.odu.edu/vbhec)**