

9-9:30am, North Café, Webb Center

Student Registration: **bring your ODU Student ID

- ✓ you may select and sign-up for three workshops :registration is on a first come basis
- ✓ the first 50 students will receive a ticket for a free lunch
- ✓ all student participants will receive 3 door prize drawing tickets
- ✓ enjoy light refreshments
- ✓ ODU Student Nursing Association will provide free blood pressure screenings, sign up for the next series of “Monarch Millionaire” workshops, visit the Susan G. Komen table to learn more about getting involved in the fight to end breast cancer, visit the health & wellness resource tables to pick up brochures and fact sheets, sign up for free smoking cessation classes

9:30am, North Café, Webb Center

Welcome and Door Prize Drawing #1

9:45-10:30am Workshops

Cape Charles	Office Counseling Services	“Centering through Mindfulness and Movement”
Isle of Wight	Women’s Center, M-Power Peer Educators	“Cute or Creepy: Red Flags of Dating Violence and Healthy Relationships”
Va Beach	Office of Finance	“Monarch Millionaire”
Chesapeake	SHS Health Promotion	“Want More A’s?? Get More Zzzs!”
Potomac/York	Susan G. Komen	“Action Steps for Breast Health”
James/Lynn	OSAL, Center for Service & Civic Engagement	“Serving Others to Serve Yourself”
Newport News	Student Recreation & Wellness	Zumba

10:30-11:15am Workshops

Cape Charles	Office of Counseling Services	“When “I’m Okay” Isn’t Enough – Ways to Seek Help for a Friend”
Isle of Wight	Women’s Center, M-Power Peer Educators	“Step In & Speak Up – Being an Empowered Bystander”
Va Beach	ODU Registered Dietitian	“Eating for Energy”

Chesapeake	SHS Health Promotion	“Sexology 101: Birth Control, STI’s and More?!...Oh My!”
Potomac/York	SHS Health Promotion	“Secrets of a Bartender”
James/Lynn	OSAL, Center for Service & Civic Engagement	“Serving Others to Serve Yourself”
Newport News	Student Recreation & Wellness	Kickboxing

11:15am-12pm Workshops

Cape Charles Room	Office Counseling Services	“Man Enough” (Open to male and female students)
Isle of Wight Room	Women’s Center, M-Power Peer Educators	“Cute or Creepy” Red Flags of Dating Violence and Healthy Relationships”
Va Beach Room	ODU Registered Dietitian	“Eating on a Budget”
Chesapeake Room	SHS Health Promotion	“Wellness & Technology”
Potomac/York	SHS Health Promotion	“Secrets of a Bartender”
James/Lynn	ODU Athletic Advising	“Scoring Goals at ODU – Tips for Academic Success”
Newport News	Student Recreation & Wellness	Relaxation & Stretching

12pm-12:30pm, North Café, Webb Center

Door Prize Drawing #2

“Lunch & Learn”: Presentation by Dr. Stevens, Department of Biological Sciences, Old Dominion University: “Connecting Wellness to Academic Success”

Door Prize Drawing #3

Group Picture

Dismissal