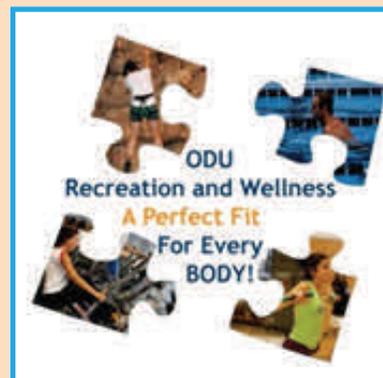


ODU WELLNESS WAVE at ODU-Virginia Beach

Wednesdays
4:00 to 5:00pm
Room 221



Wednesday, September 11: **Strength Circuit Class**
Student Health 101 info in the Atrium

Wednesday, October 9: **Total Body Conditioning**
Breast Cancer Awareness info in the Atrium

Wednesday, November 13: **Cardio Circuit Class**
Healthy Holiday Eating info in the Atrium

Wednesday, December 4: **Power Hour**
Making a healthy New Year's Resolution 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 2013 semester.
**Sign-up in advance in the
Learning Commons.**



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