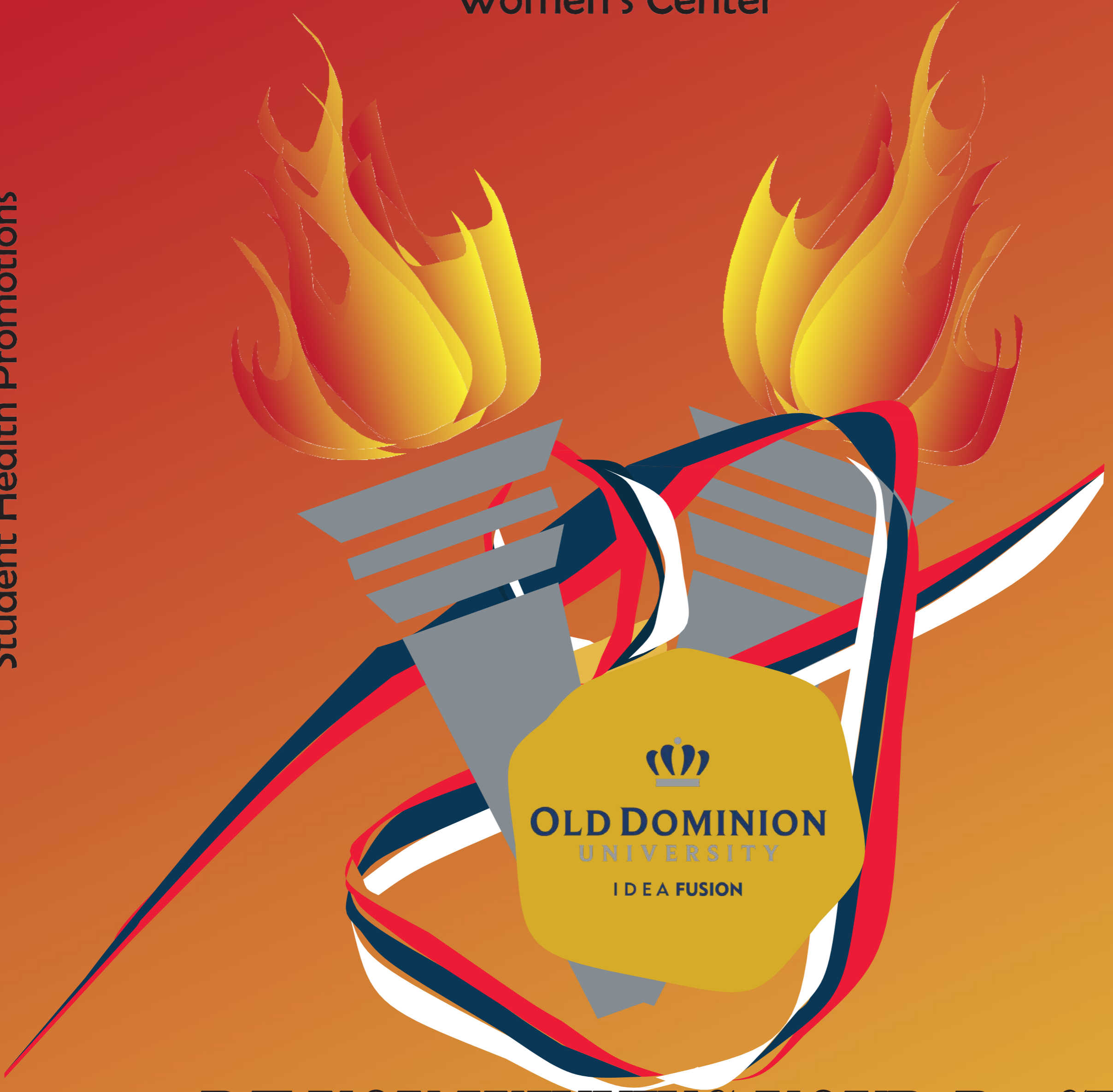


Women's Center

Student Health Promotions

Office of Educational Accessibility



ARE YOU WINNING YOUR RACE?

A SERIES ON ACHIEVING YOUR PERSONAL BEST

Check out the calendar to see the list of events!

Attend four of the events listed to receive a prize to support "Your Race"!

Counseling Services

Recreation and Wellness Center



Military Connection Center

ARE YOU WINNING YOUR RACE?

A Series On Achieving Your Personal Best

ARE YOU WINNING YOUR RACE?

A Series On Achieving Your Personal Best

3rd ANNUAL ODU STUDENT HEALTH & WELLNESS CONFERENCE

Date & Time: March 1 9:00 am -1:00 pm
North Café – Webb Center

THE STRESS OF THE RACE

Overcoming Performance Anxiety (with a focus on test-taking, presentations, and balancing classwork)

Date & Time: March 4 12:30-1:30 pm
2017 Student Success Center Writing Studio

FUELING YOURSELF FOR YOUR RACE

Nutrition Corner at the EZone “Fiber Power” Nutrition Education

Date & Time: March 5 12-2 pm SRC

HEALTHY BITES: Fruits and Vegetables Nutrition Education & Sampling

Date & Time: March 6 12-1:30 pm Café 1201

HEALTHY BITES: Dairy in Your Diet – Nutrition Education & Sampling

Date & Time: March 19 12-1:30 pm Café 1201

HEALTHY BITES: Healthy Breakfast – Nutrition Education & Sampling

Date & Time: March 24 12-1:30 pm Café 1201

Nutrition Corner at the EZone “Sugar Addict? Get Quit!” – Nutrition Education

Date & Time: March 26 12-2 pm SRC

Nutrition Corner at the EZone “Manly Meats and Other Things You Can Cook” – Nutrition Education

Date & Time: April 2 12-2 pm SRC

STRESS MANAGEMENT WORKSHOP

Strategies to help manage stress when you become overwhelmed with getting assignments completed, preparing for and taking tests, and trying to keep up with other social and co-curricular activities.

Date & Time: March 18 12:30-1:30 pm
Learning Commons Conference Rooms 1310/1311

MONARCH MEN FITNESS

Come join us for a Men's Only fitness program that will provide the opportunity to learn how to get started with your own personal fitness & wellness Goals!

Date & Time: Every Tuesday from 6-7pm at the UFC (not including spring break)
On Monarch Way between 42nd and 43rd Street

EMPOWER: FITNESS FOR WOMEN

Come join us for a Women's Only fitness program.

Date & Time: Every Wednesday from 12:30-1:30pm at the UFC (not including spring break)
On Monarch Way between 42nd and 43rd Street

TUNNEL OF OPPRESSION

An interactive event designed to reveal the various forms of oppression still prevalent in the United States and worldwide

Date & Time: March 19 7:00 pm North Café

WALK A MILE IN HER SHOES

The international men's march to stop rape, sexual assault and gender violence is coming to campus! We're asking our male allies to slip on a pair of women's heels and stroll around campus to show support and respect for women and call for an end to violence against them.

Date & Time: March 20 12:00-2:00 pm Kaufman Mall

DOG DAY 3K & YAPPY HAPPY HOUR

Come join the SRC in getting active with your ‘furry friends’ in our Dog Day 5k walk around campus. Afterwards join us in the QUAD in our own mini dog park enjoying our Yappy Happy Hour of fun mocktails and treats for participants and their four legged friends.

Date & Time: March 20 5:30 pm Quad

CLIMBING PAST LIFE'S OBSTACLES

An Interactive workshop centered around the climbing wall at the recreation center looking at how to remove and overcome life's barriers

Date & Time: March 26 2:30-4:00 pm
Recreation & Wellness Center

A WOMAN'S WORTH

A night of spoken word, music and art about women about accepting and valuing themselves.

Date & Time: March 31 6:00-8:30 pm North Café

CELEBRATE

TRICIA DOWNING KEYNOTE SPEAKER

DISCOVER THE INNER CHAMPION

This is the closing event for a month-long initiative aimed at educating the campus community steps for preparing for or overcoming life's obstacles. We will have pictures/video highlighting all of the events that happened over the month and will give awards & prizes to students that attended the most events.

Date & Time: April 3 7:00 pm
MGB Room 102

**Attend four of the events listed above to receive a prize to support “Your Race”!
Be sure to have the event presenter sign-off on your passport flyer and
submit the completed flyer to the Office of Educational Accessibility to receive your prize by April 15th.**