

# WALK AND TALK

Every Tuesday & Thursday

May 22<sup>nd</sup> - August 7<sup>th</sup>

1pm - 2pm

- Meet at the Health Promotion Office
- Walk & Win: Attend programs and earn incentives based on your participation.
- FMI: email [c2matthe@odu.edu](mailto:c2matthe@odu.edu)



OLD DOMINION  
UNIVERSITY

IDE • FUSION

Monarch Wellness

Emotional

Physical