

Drop It Like

It's Hot...

the Healthy "Weigh"

Join our 6 week fast-track program to a slimmer, healthier you! Facilitated by our ODU Dietitian, Tracy Conder, RD, CSSD, this series is the best collaboration of Student Health Services, Recreation & Wellness and Counseling Services you have ever seen! Let our experts help you drop it like it's hot... ODU style in 2014. Learn how to treat your body right today!

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| Class 1- 09/09 & 09/10 | Getting Started- Goals, Motivation, & Keys to Success |
| Class 2- 09/16 & 09/17 | Nutrition 101- Learning the basics of good nutrition |
| Class 3- 09/23 & 09/24 | The Art of Preparation- Food Labels, Grocery Shopping & Fast Food |
| Class 4- 09/30 & 10/01 | Snack Attack- Healthy Snacks, Portions & Beverages |
| Class 5- 10/07 & 10/08 | Excercise Session- By SRC Instructor |
| Class 6- 10/21 & 10/22 | Reception- Catered celebration |
- *Each 1 hour class includes discussion on nutrition, behavior modification, exercise.

Register on Monarch Link through Student Health Services

FMI CONTACT:
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MONARCH WELLNESS
PHYSICAL

