



Spring 2016 Wellness Wave at ODU Virginia Beach

THURSDAYS:

January 21

February 18

March 17

April 21

2:30 – 3:00pm: **Biometrics in the Atrium**
heart rate, blood pressure, weight & BMI

3:00 – 4:00pm: **Physical Activity in Room 239**

These events are free and open to students, faculty and staff

For more information contact Lauren Mayes, Coordinator for Fitness and Wellness at lrmayes@odu.edu.