

Wellness Weekly

Easy Crust-less Spinach & Feta Pie

UPCOMING EVENTS:

**JANUARY 1ST
FITNESS
CHALLENGE
BEGINS...
EMAIL [EMILY](#)
YOUR TEAM
INFO ASAP!**

OPEN MIC NIGHT
(AKA VTC TALENT
SHOW)
COMING IN
EARLY MARCH....
START WORKING
ON YOUR ACTS!

THE
WELLNESS
WEEKLY
WILL BE ON
WINTER
VACATION
DECEMBER
21ST & 28TH.

Ingredients:

- 10 oz frozen spinach, thawed & liquid squeezed out
- 1/2 cup scallions, chopped
- 2 Tbsp chopped fresh dill
- 2 Tbsp chopped fresh parsley
- 1/2 cup reduced fat feta crumbles
- 2 Tbsp grated Asiago chees (or parmesan)
- 1/2 cup white whole wheat flour
- 1 tsp baking powder
- 2/3 cup fat free milk
- 1 tsp olive oil
- 2 large eggs, beaten
- 1/2 tsp kosher salt
- Fresh cracked pepper to taste
- Cooking spray

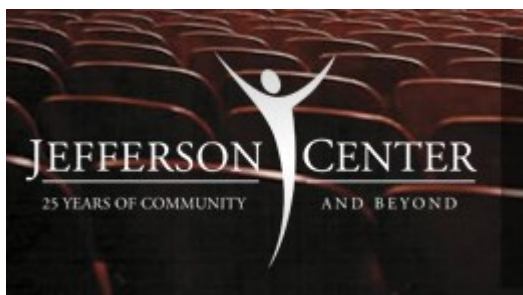
Directions:

1. Preheat the oven to 400 degrees.
2. Lightly spray a pie dish with cooking spray.
3. Mix spinach, scallions, dill, parsley, feta, & spoon into the pie dish.
4. Sift flour and baking powder in a medium bowl.
5. Add remaining ingredients to the bowl and blend well. Pour into the pie dish.
6. Bake 28-33 minutes or until knife comes out clean from the center.
7. Let stand for at least 5 minutes before serving.
8. Enjoy!



Wellness Weekly Challenge

Jefferson Center Events



Tucked away on Luck Avenue, the Jefferson Center is easy to forget until graduation rolls around.

But, there are events happening year round at this wonderful Roanoke treasure.

[Check out the events coming up for 2019!](#)

Including:

- Balsam Range and Lonesome River Band
- Joshua Redman Quartet with Aaron Goldberg, Reuben Rogers, and Gregory Hutchinson
- Upfront, Inc. Presents Paula Poundstone
- 16th Annual Latin Dance Party
- School House Rock Live

On-Going VTC Wellness Activities

Pop Pilates

January 8th
12:15
January 22nd
5:00



Wellness Google Group

Need Wellness Event Reminders!?

Join:

vtcsom-wellness-g@vt.edu

Walking

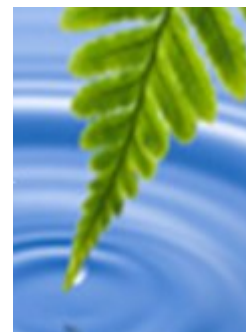
Wednesdays

Every Wednesday at noon—group meets at the base of the Riverside 2 steps.



Mindfulness

January 28th
12:15
February 11th
12:15



Fitness Challenge Sign-Up NOW!

Competition starts January 1st

Deadline to sign up is December 31st

[Link to Google Doc sign up list.](#)

Points structure details will be emailed to team captains ASAP.

Everyone who participates gets a free tank top T-shirt (draft design below).

The team with the most accumulated points at the end of the Fitness Challenge will **win a team sweatshirt with their team name on the back** (and the opportunity to help in the sweatshirt design)!

**The entire VTC campus is invited....
Students, Post-Docs, Staff, Faculty (combo of all)
are welcome to participate!!!**

Email Emily Holt Foerst at

Emily_10@vt.edu

if you have any questions!

Good luck everyone!



draft design

Fitness Challenge Kickoff 80's Mix

1. Every Breath You Take The Police
2. Livin' on a Prayer Bon Jovi
3. Take on Me A-ha
4. Girls Just Want to Have Fun Cyndi Lauper
5. Eye of the Tiger Survivor
6. Come on Eileen Dexys Midnight Runners
7. Jessie's Girl Rick Springfield
8. Wake Me Up Before You Go Go Wham!
9. We're Not Gonna Take It Twisted Sister
10. Down Under Men at Work
11. Flashdance...What a Feeling Irene Cara
12. Karma Chameleon Culture Club
13. The Tide is High Blondie
14. Need You Tonight INXS
15. Welcome to the Jungle Guns N' Roses
16. 18 and Life Skid Row
17. Nothin' But a Good Time Poison
18. I Think We're Alone Now Tiffany
19. Personal Jesus Depeche Mode
20. I'm Still Standing Elton John
21. Hungry Like a Wolf Duran Duran
22. Beat It Michael Jackson
23. Express Yourself Madonna
24. Everybody Wants to Rule the World Tears for Fears
25. Footloose Kenny Logins
26. Holding Out for a Hero Bonnie Tyler
27. Pour Some Sugar on Me Def Leopard
28. Gloria Laura Branigan
29. Get on Your Feet Gloria Estefan & the Miami Sound Machine
30. You May be Right Billy Joel



**PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY
MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.**

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

ROBYN GOODRICH - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

DR. ALLISON BOWERSOCK, PHD, CSCS, ACSM-EIM

LAURIE SEIDEL, MSN, RN

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

**“No one is useless in this world
who lightens the burden of another.”
- Charles Dickens**

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,
PLEASE EMAIL [EMILY HOLT FOERST](mailto:EMILY.HOLT.FOERST@VTCSOM), OFFICE OF STUDENT AFFAIRS VTCSOM.

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,
EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU**