

Wellness Weekly

UPCOMING EVENTS:

THE EVENTS
SCHEDULE FOR
THE 2018-2019
ACADEMIC YEAR IS
UNDER
CONSTRUCTION.

SUGGESTIONS
WELCOME!
EMAIL ANY WAC
MEMBER WITH
IDEAS.

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Avocado Egg Salad topped Ezekiel Toast

Ingredients:

- 1/4 avocado mashed
- 1 large hardboiled egg (chopped)
- Dash of salt & pepper
- 1 slice of Ezekiel bread (toasted)

Directions:

1. Blend ingredients.
2. Place atop a toasted slice of Ezekiel bread (loaves found in the freezer section).
3. Enjoy!



Wellness Weekly Challenge



Carilion Clinic Health Walk & Talk

July 14th

9:30 AM - 12:00 PM

Booker T.
Washington National
Monument

12130 Booker T.
Washington
Highway, Hardy, VA

The 2nd Saturday of each month, Carilion Clinic sponsors guided Health Walks & Talks along a moderate section (1.5 miles in total length) of the loop trail at Booker T. Washington National Monument.

No registration is required.

Walkers are encouraged to wear comfortable shoes & bring a water bottle.

If you would like more information, contact Gail Nordhaus at 540-484-8569

121 Easy & Delicious Healthy Snacks



Don't have time to do complex meal prepping?

Well... you do have time to put together a few of Snack Nation's 121 ideas for healthy snacking.

Consider some of the following:

- Avocado Egg Salad with Ezekiel Toast
- Buffalo Tuna Stuffed Celery
- Celery Sticks & Skinny Buffalo Chicken Dip

- Cottage Cheese topped with Cucumber, Tomato, Avocado Salad
- For more ideas, visit the [website](#). Snacks can be narrowed by various nutritional details.

Mindfulness & Meditation Art Show

**Opening
August 14th at
5:00 PM
in the
VTC Atrium!**

Curated by local artist Annie Waldrop, the art show will feature works of peace, contentment, and introspection. The opening reception will include an introduction to the practice of mindfulness with Laurie Seidel.



Counseling Services

If you're going through a difficult time, and you find that it is negatively impacting your health and wellness, please consider reaching out to counseling services. VTC students have two options provided by VTC SOM.

Appointments:

Dr. Jennifer Slusher, PhD, LPC

jjslusher@jchs.edu

540-985-8502

8:00-5:00 Monday thru Friday

Carilion Roanoke Community Hospital, 4th floor

Walk-ins Available:

Roanoke VT Cook Counseling:

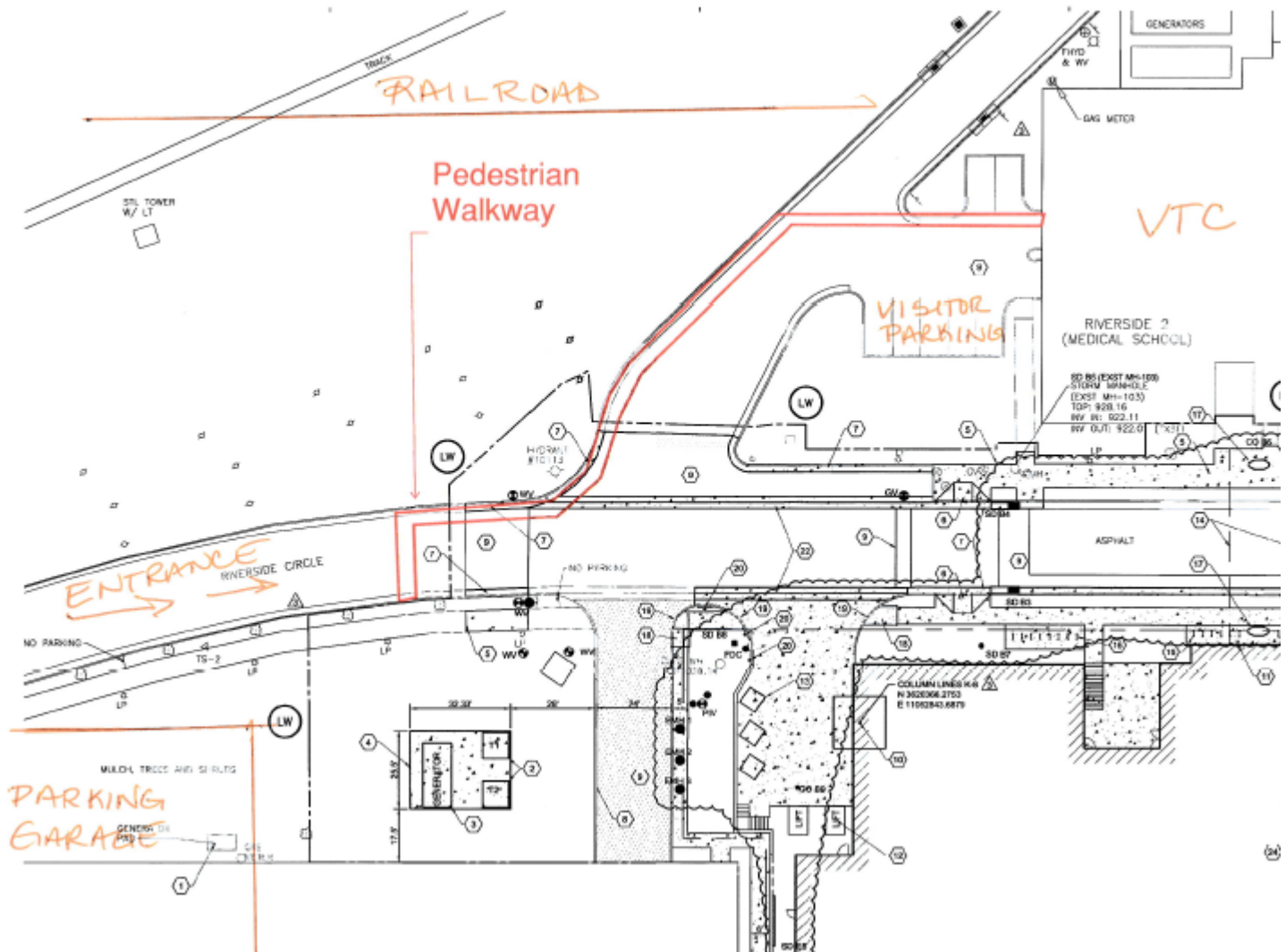
Dr. Chris Flynn, PhD, LPC

Flynnc@vt.edu

Thursdays, 1 Riverside 2nd floor TBMH Suite

Students interested in a list of providers outside VTC should visit [this link](#) on the VTC wellness website.

Navigating the Pedestrian Walkway



A very good way to maintain wellness is to avoid getting caught up in the construction of the new research building. So, please take note of the revised pedestrian walkway. Also, if driving through this area, please use extra caution.

**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

TBD - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

**"A POSITIVE ATTITUDE CAUSES A CHAIN REACTION OF
POSITIVE THOUGHTS, EVENTS, AND OUTCOMES. IT IS A
CATALYST AND IT SPARKS EXTRAORDINARY RESULTS."**

- WADE BOGGS

**TO SEND A "WEEKLY SHOUT OUT" MESSAGE,
EMAIL EMILY AT EMILY_10@VT.EDU**

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