

**UPCOMING
WELLNESS
EVENTS:**

11/28 5:30 PM

PIZZA &
PUPPIES
RETURNS!

VTC ATRIUM

COMING SOON!

OPEN MIC
NIGHT

COFFEE HOUSE

African Sweet Potato Chicken Stew

Ingredients:

- 1 lb boneless chicken thighs
- 2 tsp ground coriander
- 3/4 tsp salt
- 2 Tbsp cooking oil
- 1 lg onion, sliced
- 1 cup whole-wheat couscous
- 1 1/2 cups water
- 1 Tbsp grated ginger
- 1 lg sweet potato
- 1 28 oz can whole tomatoes
- 1/4 cup smooth peanut butter
- 2 Tbsp lime juice
- 1/4 tsp cayenne pepper
- 1 cup chopped cilantro

Directions:

1. Cut the chicken into bite-size pieces, sprinkle with coriander & 1/2 tsp salt. Heat oil in skillet. Add the chicken and cook until brown on all sides (4 mins).
2. Add 1 Tbsp oil, onion, and ginger to the pan and cook stirring until brown (3-5 mins). Add sweet potato, tomatoes, and their juice, peanut butter, 1 Tbsp lime juice, cayenne, 1 tsp coriander and 1/4 tsp salt. Bring to a boil. Reduce to simmer & cover. Cook for 14-16 mins. Return the chicken to the pan and cook 2 more mins.
3. Meanwhile, boil water, add couscous & 1 Tbsp lime juice. Cover, remove from heat & let stand for 5 mins. Fluff with a fork, add cilantro. Serve the stew over the couscous.



<http://www.eatingwell.com/recipe/250941/african-sweet-potato-chicken-stew/>

Swing Dance Lessons

Want to learn how to swing dance?



Sign up for lessons!
Tuesday nights 7:00-8:30 PM
Green Ridge Recreation Center
Class runs
January 2nd thru February 6th
Course #22380 \$35.00 fee

[Click Here to Register!](#)

Annual Drumstick Dash!

ONCE AGAIN, IT'S TIME FOR AN
ANNUAL ROANOKE TRADITION....

THE DRUMSTICK DASH!!

November 23rd

9:00 AM Race Start

The **5K race/family walk** is a great way to get out in the community, exercise, and help support the Rescue Mission.

The links below will help you connect to all the information you need to participate!

[Race Info!](#)

[Registration information!](#)



Wellness Weekly Challenge

Elizabeth Bernstein wrote about strategies one can employ to “calm [the] mind in anxious times” The Wall Street Journal article appeared in the October 23, 2017 edition and is definitely worth the quick Google search.

It includes several suggestion from a variety of professionals at a variety of ages as well as 7 tips from the experts. A few cool ideas from the article include: create a “calm-down playlist,” “remind [yourself] that problems seem unsolvable between midnight and 5 a.m. and switch thoughts to past or future vacations,” and “picture a water faucet, turn the tap on in [your] mind and let all the water run out.”

[Check out the article for lots more excellent suggestions!](#)

Baked Tilapia Curry

Ingredients:

- 1 Tbsp canola oil
- 2 medium/large red bell peppers, halved and sliced
- 1 medium shallot, finely chopped
- 2 Tbsp Thai yellow curry paste
- 1 14 oz can “lite” coconut milk
- 1 Tbsp lime juice
- 1 tsp brown sugar
- 1-1 1/4 lb tilapia fillets
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 1/4 cup chopped fresh cilantro

Directions:

1. Preheat the oven to 425. Coat a 9x13 baking dish with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add bell peppers and shallot and cook, stirring until the peppers are softened (3-5 mins). Add curry paste and cook, stirring, 1 additional minute. Add coconut milk, lime juice, and brown sugar, and bring to a boil. Reduce the heat and simmer for 2 minutes to blend the flavors.
3. Place tilapia in the prepared baking dish and sprinkle with salt and pepper. Pour the curry sauce over the fish.
4. Bake until the fish is opaque in the middle, about 15 mins. Sprinkle with cilantro.



<http://www.eatingwell.com/recipe/250893/baked-tilapia-curry/>

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

ALLY NAGY - CLASS OF 2018

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

DR. ALLY BOWERSOCK, PHD, CSCS, ACSM. EIM, LEVEL 1

DR. JENNIFER SLUSHER, PHD, LPC

EMILY HOLT, COMMITTEE CHAIR

QUOTE OF THE WEEK:

FAILURE WILL NEVER OVERTAKE ME IF MY
DETERMINATION TO SUCCEED
IS STRONG ENOUGH.
- OG MANDINO

**TO SEND A "WEEKLY SHOUT OUT" MESSAGE,
EMAIL EMILY HOLT AT EMHOLT@CARILIONCLINIC.ORG**