

VTCSOM  
WELLNESS  
ADVOCACY  
COMMITTEE

**UPCOMING  
WELLNESS  
EVENTS:**

**TEA & JAZZ  
FEBRUARY  
9TH  
4:30 PM**

**MINDFULNESS  
WITH LAURIE  
SEIDEL  
2 OPTIONS  
MARCH 5TH  
12:10-12:25  
12:35-12:50**

**OPEN MIC  
NIGHT  
3RD STREET  
COFFEE  
HOUSE  
MARCH 23RD**

**VTC PAINT  
NIGHT  
VTC CAFÉ  
APRIL 6**

**FUR BABIES  
FRIDAY  
(PUPPY  
PLAYDATE)  
APRIL 27**

# Wellness Weekly

## Virginia Tech Carilion School of Medicine

VOLUME 2, ISSUE 32

FEBRUARY 9, 2018

## Salmon Baked in Foil

### Ingredients:

- 4 oz salmon fillets
- 2 tsps. Cooking oil (plus 2 Tbsp)
- Salt and pepper
- 3 tomatoes, chopped
- 2 chopped shallots
- 2 Tbsp fresh lemon juice
- 1 tsp dried oregano
- 1 tsp dried thyme

### Directions:

1. Preheat the oven to 400 degrees.
2. Sprinkle salmon with 2 tsps. cooking oil, salt, and pepper. Stir the tomatoes, shallots, 2 Tbsp of oil, lemon juice, oregano, thyme, salt, and pepper in a medium bowl to blend.
3. Place a salmon fillet, skin side down, atop a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed.
4. Place the foil packet on a heavy large baking sheet. Repeat until all of the salmon slices have been individually wrapped in foil and placed on the baking sheet.
5. Bake until the salmon is cooked through (about 25 minutes).
6. Serve.



<https://www.foodnetwork.com/recipes/giada-de-laurentiis/salmon-baked-in-foil-recipe-1914818>

# Open Mic Night—Coming Soon!

## Save the Date!

3rd Street Coffee House

**March 23rd, 7:00 PM**

Show off your musical talents and then....

Awaiz Khan, Class of 2020

will take the stage!!

Email Awaiz if you would like to be  
one of the opening acts (limited spots).

# Tea & Jazz Today!!!

Unwind after class & enjoy

## jazz, tea & treats

while listening to jazz  
and playing various games!

**TODAY at 4:30**

**in the Student Commons**



the  
**Tea** and **Jazz**

<https://teaandjazz.files.wordpress.com/2012/11/teajazzlogo.jpg>

# Mark Your Calendars!



# VTC

# WELLFEST

*love life, live life, be well*

**SAVE THE DATE**

# FRIDAY, FEB 16

[HOKIEWELLNESS.VT.EDU/STUDENTS/PROGRAMS/VTC.HTML](http://HOKIEWELLNESS.VT.EDU/STUDENTS/PROGRAMS/VTC.HTML)  
FOR MORE INFORMATION!



# THE VTC 2018 FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!

POINTS UPDATE.....

TEAM STANDINGS AS OF 2:00ISH PM 2/9/18

1. Globo Gym	363.5 points
2. Hustlin Hokies (but #GoHeels)	347 points
3. GunningNoRunning	304 points
4. Spongebob Sweatpants	285 points
5. Swole Girls	280 points
6. Get Yolked	275.5 points
7. Bones & Babies	264 points
8. The New Years Resolutioners	216 points
9. Mission Slimpossible	210 points
10. Pumped Up Chicks	206.5 Points
11. (Chick)en Tikkis	172 points
12. #SquatGoals	165 points
13. Mighty Morphine Power Rangers	139 points
14. Thick & Thin	121 points
15. Jak'd-STAT	101.5 points
16. Team Quan	91 points
17. Got the Runs	85 points
18. Team of One	74.5 points

**5 Weeks to go!!!**

**Remember: 20 points per person per week.**

The week is Sunday—Saturday,  
so be strategic on the weekends.

It's not too late to enter your points from past weeks.

**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:**

**“EVERYTHING IS EITHER AN OPPORTUNITY TO LEARN AND GROW  
OR AN OBSTACLE THAT KEEPS YOU STUCK.**

**YOU GET TO CHOOSE.**

**- AUTHOR UNKNOWN**

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,  
EMAIL EMILY HOLT AT [EMHOLT@CARILIONCLINIC.ORG](mailto:EMHOLT@CARILIONCLINIC.ORG)**