

Wellness Weekly

UPCOMING EVENTS:

8/11 WELCOME
M1 FLOAT TRIP

8/14
MINDFULNESS ART
SHOW OPENING
5:00 PM
VTC ATRIUM

12/6 PUPPIES &
PIZZA

MINDFULNESS
COMING SOON

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5 Minute Quiche in a Mug

Ingredients:

- 1/2 cup chopped spinach (frozen & thawed or fresh)
- 1 egg
- 1/3 cup milk
- 1/3 cup shredded cheddar cheese
- Salt & pepper to taste

Directions:

1. If using fresh spinach, place it in a mug with 2 Tbsp of water. Cover with a paper towel & microwave on high for 1 minute.
2. Remove, drain the water.
3. If using frozen spinach, make sure it was completely thawed and drained & add it to the mug.
4. Crack the egg into the mug with the spinach and add the milk, and cheese. Salt & pepper to taste. Mix thoroughly.
5. Cover with a paper towel, microwave on high for 3 minutes or until fully cooked.
6. Enjoy!



Wellness Weekly Challenge

Find a group that interests you!



Roanoke has lots of outdoor clubs and social groups. If you're looking to get connected with folks in Roanoke checkout Roanoke Outside's website!

Group options include: biking, running, rock climbing, astronomy, conservation, equestrian.... The list

goes on and on. Finding folks who share similar interests will be rewarding for everyone!

Check out this link or find Roanoke Outside on Facebook and/or Twitter!

www.roanokeoutside.com/guides-and-gear/find-groups/#scroll=more

VT Discounts!



Everyone likes a good discount!

So, check out this link to discounts everyone at VT can receive:

www.hr.vt.edu/benefits/hokie-perks/discounts.html

Keep an eye on it for updates as places in Roanoke are currently being explored for possible discounts too. If you have a suggestion for a place in Roanoke (or the surrounding area)

where you would like to see a discount offered, please let a member of WAC know and we will get the message to the VT discount team.

Paint Party at Starr Hill

**Pints & Paints
for Parks
July 23rd
6:30-7:30 PM**

Starr Hill Pilot Brewery and Side Stage is having a

fundraiser for National Parks and Recreation Month. July 23rd will be a paint party to create a painted mason jar similar to those pictured to the right of this article.



VTC Roanoke Favorites

The following suggestions are from a June 2018 student, staff & faculty survey done by the Wellness Advocacy Committee. These suggestions are not the opinion of Virginia Tech or Carilion Hospital & Clinics, or the Virginia Tech Carilion School of Medicine. These suggestions will be updated annually via annual surveys.

Study Spots

Altus Chocolates
Cups coffee shop, Grandin
Mill Mountain Coffee
"Queen Suite" PBL room
South County public library
Sweet Donkey Coffee
Vinton public library
VTC library

Places to Eat in Roanoke

Alejandro's \$
Athen's Corner Grill \$
Bethlehem \$
Billy's Restaurant \$\$
Blue Apron \$\$\$
Blue Ridge Burrito Company \$
Bread Craft \$
Café Asia 2 \$\$
Carlos Brazilian International \$\$\$
City Corner 2 \$
Cuban Island \$
Dogwood Café \$
First Watch \$
Fork in the Alley \$\$
Grace's Place Pizzeria \$
Green Goat \$
Jack Brown's \$
Local Roots \$\$\$
Martin's Downtown \$
Mi Tapatia \$
Our Daily Bread \$
Petra \$
Sakura IX Japanese Steak House \$\$
Tacos Rojas \$
Tucos Taqueria Garaje Tacos \$
Viet Sub \$
Village Grill \$
Vina Café \$

Ice Cream Shops

Blue Cow
Pops Ice Cream, Grandin
Champloo, Salem
Homestead Creamery, Wirtz, VA

Breweries

A Few Old Goats
Ballast Point, Daleville, VA
Big Lick
Chaos Mountain, Calloway, VA
Deschutes
Devil's Backbone, Lexington, VA
Hammer & Forge, Boones Mill, VA
Olde Salem Brewing Company
Parkway, Salem, VA
Soaring Ridge
Starr Hill
Three Notch'd Brewing
Twin Creeks, Vinton, VA

Wineries

AmRhein's Wine Cellars, Bent Mountain, VA
Chateau Morrisette, Floyd, VA
Early Mountain, Madison, VA
Peaks of Otter, Bedford, VA
Pippin Hill Farm & Vineyards, North Garden, VA
Valhalla Vineyards
Virginia Mountain Vineyards, Fincastle, VA
Whitebarrel Winery, Christiansburg, VA

Ride Home/Car Service

Boomerang
City Cab (540) 815-5050
Lift
Salem-Roanoke Taxi (540) 389-5555
Uber

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Hikes and/or Day-trips

Blue Ridge Parkway
Carvin's Cove
Charlotte, NC
Charlottesville, VA
Dragon's Tooth
Eagle Rock
Floyd, VA
McAfee's Knob
Roaring Run
Smith Mountain Lake
Sharp Top/Peaks of Otter
VT Football games

Bike Shops

Cardinal Bicycles
Downshift
East Coasters
Just the Right Gear
Starlight Bicycles

Festivals:

Go Fest, October
Local Colors, May
Floyd Fest, July
Olde Salem Days, September
Microfestivus, August

Barbers & Salons

The B. Hunt Effect Style Studio
Great Clips (Tower's Plaza)
Jack's
Pinki's Place, Salem, VA
Prim Salon - Chelsea Redman
Rock of Ages
Rock Paper Beauty Salon - Lindsey
Salon Noir
Sport Clips

Grocery Stores:

Earthfare
Food Lion
Fresh Market
Kroger
Roanoke Food Coop, Grandin & Downtown
Tinnel's

Get a shave, and/or Nails Done

Nails: Lovely Nails
Nails: Polished
Nails: Star City Nails
Shave: Jack's

Places to Get Car Repairs Done

Firestone
Roanoke Auto
Wimmer Tire & Service Center

Trivia Nights

Deschutes (Su)
Fork in the Alley
Mellow Mushroom (W)
Martin's Downtown Bar & Grill
Montano's
Parkway (W)
Wasena Tap Room (M,F)

Miscellaneous Favorites:

Dry Cleaner: A Cleaner World
Escape Room: Deciphered—Downtown
Food Special: Taco Tuesday at the Village Grill
Kayaking: Carvin's Cove
Theatre: Showtimers Community Theatre

**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:

**“EDUCATION IS THE MOST POWERFUL WEAPON WHICH
YOU CAN USE TO CHANGE THE WORLD.”
- NELSON ROLIHLEHLA MANDELA**

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