

Wellness Weekly

UPCOMING EVENTS:

8/14

MINDFULNESS ART
SHOW OPENING
5:00 PM
VTC ATRIUM

COMING IN
NOVEMBER, ART
THERAPY NIGHT

12/6 PUPPIES &
PIZZA

MINDFULNESS
COMING SOON

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Sweet Potato Black Bean Burger

Ingredients:

- 1 Tbsp ground flaxseed meal + 3 Tbsp water (or 1 egg)
- 1 cup cooked mashed sweet potato (1 large)
- 1/2 cup cooked quinoa
- 1 (15 oz) can black beans, drained & rinsed
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp oregano
- 1/8 tsp garlic salt
- 1/4 tsp salt
- 1 Tbsp lime juice
- Cooking oil (avocado recommended)

Directions:

1. Mix together the flaxseed meal and water. Set it aside until it gels.
2. Place all ingredients in a bowl and mix well. Use a potato masher or the back of a large spoon to mash the beans, leaving a few whole for texture.
3. In a large skillet, heat a thin layer of oil over medium high heat. Form the sweet potato mixture into 6 patties.
4. When the skillet is hot enough to sizzle, add the patties. Cook on first side until a crispy exterior forms (5-7 mins).
5. Flip patties and cook for an additional 5 minutes.
6. Enjoy!



Wellness Weekly Challenge

Try Laughter Yoga!

Developed by Dr. Madan Kataria, a physician in India, laughter yoga is a practice involving prolonged voluntary laughter. It is based on the simple premises that intentionally incorporating more laughter into your life will provide the same physiological and psychological benefits as spontaneous laughter. Popular Benefits of Laughter Yoga:

1. **Good Mood and More Joy** – Laughter Yoga triggers the brain into releasing endorphins

2. **Healthy Exercise** – Like aerobic exercise, Laughter Yoga brings more oxygen to the body and brain thereby making one feel more energetic and relaxed.

3. **Health Benefits** – Laughter Yoga reduces the stress and strengthens the immune system.

4. **Quality of Life** – Laughter brings people together and helps them connect quickly. It improves relationships and helps establish friendships.

5. **Positive Attitude during Stressful Times** – Laughter helps to create a positive mental state to deal with negative situations and

negative people. It gives hope and optimism to cope with difficult times.

Source: Laughter Yoga International, see <https://laughteryoga.org/> for more information.

Upcoming Sessions:

- 8/6 6:30-8:30
South County Library
- 8/11 11:00-12:00
Vinton Library
- 8/16 1:00-2:00
Glenvar Library



FloydFest 2018

July 25-29

9:00 AM - 11:59 PM

Floyd, VA

Milepost 170.5 on the
Blue Ridge Parkway

5 days of music, outdoor adventure, food trucks, beverages, healing arts.... Fun for all ages!

Come out and spend the day listening to groups including: Jason Isbell and the 400 Unity, Old Crow

Medicine Show, Greta Van Fleet, Antibalas, Nikki Lane, and many, many more! Tickets are available for a variety of days.

Find out more at the [Floydfest website](#) or on social media.

Vinton's Farmers Market

July 28th

10:00-2:00

Free Admission

204 West Lee

Ave

Vinton, VA

If you enjoy walking among the work of local artisans, then the Vinton Farmer's Market is a Saturday trip you should consider taking. You'll find paintings, photography, jewelry, wood crafts and more. While there, you'll be able to also listen to live entertainment by local performing artists.



The Playlist for a Happy Mood

1. Come and Get Your Love - Redbone
2. Hooked on a Feeling- Blue Swede
3. Mr. Blue Sky- Electric Light Orchestra
4. Come a Little Bit Closer - Jay & The Americans
5. Southern Nights - Glen Campbell
6. You Were on My Mind - We Five
7. I'll Take You There - The Staple Singers
8. I Can't Help Myself - The Four Tops
9. Don't Mess Around with Jim - Jim Croce
10. Take Me Home, Country Roads - John Denver
11. Ain't No Mountain High Enough - Marvin Gaye & Tammi Terrell
12. Margaritaville - Jimmy Buffett
13. I'm a Believer - The Monkees
14. Sugar, Sugar - The Archies
15. You Can't Always Get What you Want - The Rolling Stones
16. Happy Together - The Turtles
17. I Get Around - The Beach Boys
18. Sweet Caroline - Neil Diamond
19. ABC - Jackson 5
20. You Keep Me Hanging On - The Supremes
21. Think - Aretha Franklin
22. Brown Eyed Girl - Van Morrison
23. Jump - The Pointer Sisters
24. Piano Man - Billy Joel
25. The Joker - Steve Miller Band



**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:

**“HAPPINESS IS NOT SOMETHING YOU POSTPONE FOR THE FUTURE;
IT IS SOMETHING YOU DESIGN FOR THE PRESENT.”**

- JIM ROHN

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