

**UPCOMING
WELLNESS
EVENTS:**

**THE
WELLNESS
WEEKLY
WILL BE ON
VACATION
JUNE 22ND
AND JUNE
29TH**

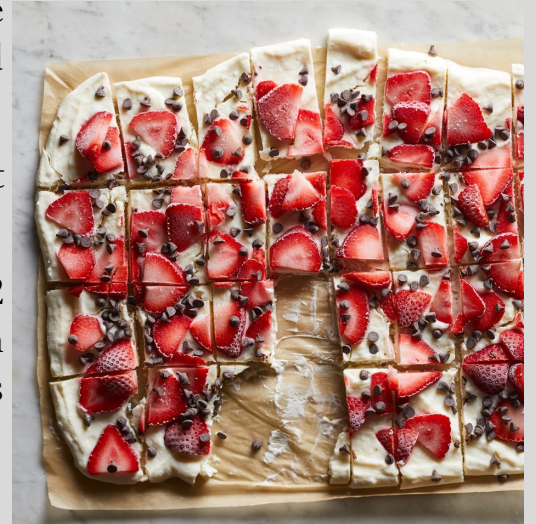
Strawberry-Chocolate Greek Yogurt Bark

Ingredients:

- 3 cups plain Greek yogurt
- 1/4 cup pure maple syrup or honey
- 1 1/2 cups sliced strawberries
- 1/4 cup mini chocolate chips
- 1 tsp vanilla extract

Directions:

1. Line a rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10x15 rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours.
4. To serve, cut or break into 32 pieces. Let stand at room temperature for 15 minutes before serving.
5. Will store up to 1 month.



Wellness Weekly Challenge

SHARE YOUR WELLNESS SUGGESTIONS!

THE WELLNESS WEEKLY WILL BE GOING
ON A 2 WEEK BREAK.

THE NEXT VOLUME BEGINS FRIDAY, JULY 6TH.

IF YOU HAVE AN IDEA FOR A WELLNESS ARTICLE,
PLEASE DON'T HESITATE TO BE IN TOUCH
WITH ANY MEMBER OF THE
WELLNESS ADVOCACY COMMITTEE!

Floyd Artisan Market

TONIGHT!

(and every Friday until the end of October)

5:00 PM—9:00 PM

Downtown Floyd Community Pavilion

It's FREE!

Take a beautiful drive out to Floyd, grab a
bite to eat at one of the wonderful
downtown restaurants & wander through
the crafts.

Learn more at:

floydartisanmarket.wordpress.com
and on Facebook



Drive-in Movies!

Summer is a great time to head to the drive-in!

Now Playing at Hull's
Show Dogs & Life of the Party

2367 N Lee Highway
Lexington, VA

Gates open at 6:30 PM

Movies start 20 minutes after sunset (rain or shine)
\$7.00 per adult (\$3.00 children 5-11)



Sunday Boulders & Brunch

Sunday, June 17, 2018

(and every Sunday)

10:00-12:00

The River Rock, 806 Wasena Ave.

Climb with your friends from 10:00 to Noon and then head next door for some brunch with your fellow climbers. Just \$10 for the pass and rental gear.

Check out their website for more info:
<https://riverrockclimbing.com/events/specials/>



**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. ALLY BOWERSOCK, PHD, CSCS, ACSM, EIM - LEVEL 1

DR. JENNIFER SLUSHER, PHD, LPC

EMILY HOLT, COMMITTEE CHAIR

QUOTE OF THE WEEK:

“TURN YOUR WOUNDS INTO WISDOM.”

- OPRAH WINFREY

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

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