

**UPCOMING
WELLNESS
EVENTS:**

**MINDFULNESS
WITH VARUN
KAVURU
APRIL 2ND
12:15**

**VTC PAINT
NIGHT
VTC CAFÉ
APRIL 6**

**SELF-DEFENSE
TRAINING
APRIL 12
4:30
STUDENT
COMMONS**

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

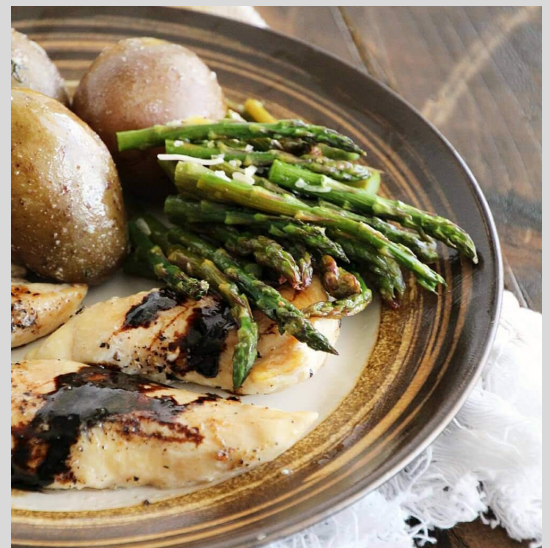
Balsamic Chicken

Ingredients:

- 1 lb chicken tenders
- 2 Tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 cup balsamic vinegar

Directions:

1. Sprinkle chicken tenders with salt and pepper. In a large skillet heat olive oil over medium heat. Add chicken tenders, cook 5-6 minutes on each side or until no longer pink.
2. While chicken is cooking bring balsamic vinegar to a boil in a small saucepan. Reduce heat to medium; simmer 10-12 minutes or until it has thickened to a glaze consistency.
3. Remove chicken from pan and drizzle with balsamic glaze.



Wellness Weekly Challenge

Check out Naomi Alderman's Podcast, The Walk!

The Walk is “an immersive fiction podcast” designed to entertain and thrill you as you walk. Author Naomi Alderman has written multiple books, but this is her first audio novel. Consider trying this inventive way to add to your daily exercise.



Here's a link to more information:

[Alderman Podcast](#)

Mindfulness Monday

Special Guest Host:

Monday, April 2nd

Varun Kavuru, Class of 2021

will be hosting

one session at 12:15 PM

in

Room M206

Take a moment out of your day for your health and well-being!



APRIL

HEALTH & WELLNESS

SLEEP WORKSHOP

April 6, 1:00pm–2:15pm

TBMH

Lunch is provided so Registration is Required. In this workshop, we focus on recent research on sleep and its impact on health, and offer techniques that you can begin practicing immediately after the workshop.

HEALTHY MEAL PREP MADE EASY

April 20, 11:00am–12:00pm

TBMH

Refreshments provided so Registration is Required. A busy schedule can leave us wondering not only when we will fit in healthy meals, but how we will find the time to prepare them. Join registered dietitian, Lauren Shelor, to learn how to get started with an easy and effective meal preparation routine. Cook once and have ready-to-go meals for the rest of the week!

Students and Employees can Register Online at
<https://hokiewellness.vt.edu/students/programs/VTC.htm>



Employee Opportunity - Weight Watchers VTC

Hokie Wellness has a “Weight Watchers at Work” program
for **state employees** in Blacksburg.

If you are interested in Hokie Wellness starting a Weight Watchers at Work program in Roanoke, please email hokiewellness@vt.edu and put **VTC Weight Watchers Interest** in the subject line.

If there is interest by at least 20 people, a group will be established. The minimum requirement for an onsite “At Work” meeting is 15 enrollments with the Meetings/Monthly Pass membership.

For more information, check out this [website!](#)

Self-Defense Training

This course is taught by Officer Marshall Hamilton and Emily Holt. It is designed to help individuals who identify as female protect and defend against unwanted physical advances. Participants will learn general safety tips as well as defense techniques including kicks and strikes during the session.

April 12, 2018

4:30 PM

Student Commons

If you are interested in participating,
please email Emily Holt at EmHolt@carilionclinic.org

Every individual (faculty, student, physician, staff) who identifies as female is welcome to contact Emily to participate. It is also ok to sign up even if you’ve had this class previously but would like a refresher course.

**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:

F.E.A.R.

HAS TWO MEANINGS:

FORGET EVERYTHING AND RUN

OR

FACE EVERYTHING AND RISE

THE CHOICE IS YOURS.

**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@VTC.SOM), OFFICE OF STUDENT AFFAIRS VTC SOM.**