

**UPCOMING
WELLNESS
EVENTS:**

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

**MINDFULNESS
WITH LAURIE
SEIDEL
2 OPTIONS
APRIL 2ND
12:10-12:25
12:35-12:50**

**VTC PAINT
NIGHT
VTC CAFÉ
APRIL 6**

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

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

Grilled Spiced Chicken Skewers with Cucumber Salad

Ingredients:

- 1 1/2 lb chicken tenders
- 2 Tbsp canola oil
- 2 tsp curry powder
- 2 tsp smoked paprika
- 1/2 tsp cayenne pepper
- Kosher salt and black pepper
- 2 pieces naan
- 1 sliced English cucumber
- 2 sliced scallions
- 1/2 cup chopped fresh mint
- 1 Tbsp olive oil
- 1 Tbsp fresh lime juice
- 1 Chopped garlic clove
- Plain Greek yogurt and lime wedges, for serving

Directions:

1. Heat grill to medium-high. Cut chicken tenders into thirds. Toss with canola oil, curry powder, smoked paprika, cayenne pepper, and kosher salt and black pepper. Thread onto metal skewers. Grill, turning occasionally, until charred and cooked through, 8-10 minutes. Grill 2 pieces of naan until warm and toasted, 1-2 minutes.
2. Meanwhile, toss together cucumber, scallions, mint, olive oil, fresh lime juice, and garlic. Season with kosher salt and black pepper. Serve with plain Greek yogurt and lime wedges alongside.



[Link to original recipe](#)

30 minute Strength Training Session

Here's an opportunity to squeeze a quick fitness session into your day!!

Join Dr. Allison Bowersock, PhD, CSCS, ACSM-EIM Level I
for

30 minutes of Strength Training

Monday, March 12th

NOON

Student Gym



Faculty, Staff & Students Welcome!

*****Wear tennis shoes and comfortable clothes because you will be exercising.**

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.

Note for the class:

Athletic clothing and tennis shoes need to be worn. Please do not wear jewelry. If you have long hair, please wear it pulled back. If you are interested and have a physical limitation, please contact Emily Holt for advice on participation.

Wellness Weekly Challenge

Take a Cooking Class!

Options include:

Irish Baking, Indian Teatime, Indian Cooking,
and sourdough bread making

Classes are at night and on the weekends.

[For more info and/or to register for classes](#)

Courses are held at the Brambleton Center—
a short drive from VTC



Open Mic Night

Show off your musical talents and then....



Awaiz Khan, Class of 2020
will take the stage!!

March 23rd

7:00 PM

3rd Street Coffee House

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

THE VTC 2018 FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!

POINTS UPDATE.....

TEAM STANDINGS AS OF 3/9/18

1. Globo Gym	570.5 points
2. Bones & Babies	524 points
3. Hustlin Hokies (but #GoHeels)	505.5 points
4. GunningNoRunning	484 points
5. Swole Girls	434.5 points
6. Spongebob Sweatpants	375 points
7. Get Yolked	325 points
8. Pumped Up Chicks	319.5 points
9. The New Years Resolutioners	311.5 points
10. Mighty Morphine Power Rangers	267 points
11. Mission Slimpossible	241 points
12. Thick & Thin	217 points
13. #SquatGoals	205 points
14. (Chick)en Tikkis	199 points
15. Got the Runs	180 points
16. Jak'd-STAT	155 points
17. Team Quan	153.5 points
18. Team of One	74.5 points

1 Week to go!!! Don't Give Up!!!!

Remember: 20 points per person per week.

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

POINTS MUST BE IN BY NOON on March 16th!

**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:

**“WE MUST BE WILLING TO GET RID OF THE LIFE
WE’VE PLANNED, SO AS TO HAVE THE
THE LIFE THAT IS WAITING FOR US.”
- JOSEPH CAMPBELL**

**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.VTACADEMYOFHEALTHCARE.EDU), OFFICE OF STUDENT AFFAIRS VTCSOM.**