

**UPCOMING  
WELLNESS  
EVENTS:**

**MINDFULNESS  
WITH LAURIE  
SIEDEL  
MAY 7TH  
M206  
12:15 &  
12:35**

**BEST WISHES  
CLASS OF  
2018!**

## Confetti Salad

### Ingredients:

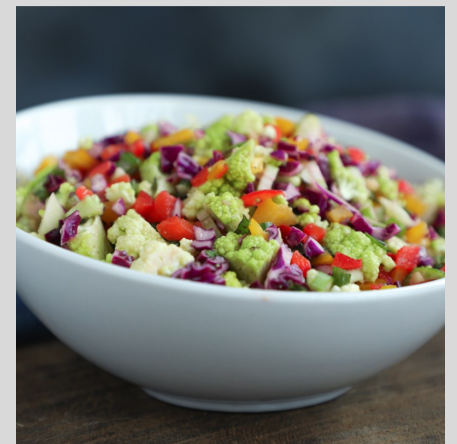
- 3 cups cauliflower (or cauliflower/ broccoli combo)
- 1/4 cup scallions chopped
- 1/2 cup red bell pepper chopped
- 1/3 yellow bell pepper chopped
- 1 cup red cabbage chopped
- 1/2 cup celery chopped
- 1/4 cup fresh basil chopped

### Dressing

- 1/4 cup avocado oil
- 2 tsp fresh lime juice
- 2 Tbsp apple cider vinegar
- 1/ 1/2 Tbsp minced ginger
- 2 Tbsp sugar (or substitute)
- 1/2 tsp kosher salt

### Directions:

1. Combine all of the chopped veggies in a large bowl and toss.
2. Combine the dressing ingredients in a blender and blend for about 30 seconds
3. Pour the dressing over the salad and toss well to coat.
4. Enjoy!
5. Stored unused portions in the refrigerator for up to 5 days.



# Mindfulness

*What do we do? Guided mindful awareness practices. This is time just for you: pause, practice, and improve your health and well-being. No prior experience required.*

**May 7th**  
**with Laurie Seidel**

**Two sessions:**

**12:15-12:25**

**12:35-12:45**

*All students, staff, and faculty are welcome. Just drop in!*

## Wellness Weekly Challenge

One way to incorporate exercise into your day that's relatively easy to do involves where you park.

If you work at VTC, consider taking the

### **Parking Garage Challenge:**

**Week 1: Park on the 2nd floor of the parking garage**

**Week 2: Park on the 3rd floor of the parking garage**

**Week 3: Park on the 4th floor of the parking garage**

**Repeat until you're parking at the top level.**

The longer you keep it up, the more calories you'll burn over time.

**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:**

**“DON’T STRIVE TO MAKE YOUR PRESENCE NOTICED,  
JUST LIVE TO MAKE YOUR ABSENCE FELT”.**  
- AUTHOR UNKNOWN

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