

**UPCOMING
WELLNESS
EVENTS:**

**FUR BABIES
FRIDAY
(PUPPY
PLAYDATE)
TODAY!!!**

**END OF YEAR
EXTRAVAGANZA
MAY 3RD
ATRIUM
1:00-5:00**

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

Quinoa Salad

Ingredients:

- 12 cups water
- 1 1/2 cups quinoa, rinsed
- 5 pickling cucumbers, peeled, and cut into 1/4 inch cubes
- 1 sm red onion, cut into 1/4 inch cubes
- 1 lg tomato, diced
- 2 bunches mint leaves
- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1 lemon, juiced
- 1 1/2 tsp salt
- 3/4 tsp freshly ground black pepper
- 4 heads endive, trimmed & separated
- 1 avocado, diced

Directions:

1. Bring water to a boil in a large saucepan.
2. Add the quinoa, stir once, and return to a boil.
3. Cook uncovered, over medium heat for 12 minutes. Strain and rinse well with cold water, shaking the sieve well to remove all moisture.
4. When dry, transfer the quinoa to a large bowl. Add the cucumbers, onion, tomato, parsley, mint, olive oil, vinegar, lemon juice, salt, and pepper and toss well.
5. Spoon onto endive spears, top with avocado, and serve.



Wellness Weekly Challenge

It's never too late to start a good habit.

Come try mindfulness on

May 7th

with Laurie Seidel

Two sessions leaving plenty of time to still grab a bite to eat for lunch.

12:15-12:25

12:35-12:45

Open to ALL VTC faculty, Staff & Students!

Fur Babies Friday! —TODAY!!

There are definitely lots of members of the **VTC** community who love dogs! Give your fur baby the chance to meet other VTC pets.



Bring your puppy/dog(s)
to meet new friends !!

Weather permitting, we will all meet
for a puppy playdate on the

Rivers Edge fields

(near tennis courts) **on**

April 27th at 5:00 PM!

END OF SEMESTER EXTRAVAGANZA

TAKE A BREAK



THURSDAY MAY 3, 1-5pm
VIRGINIA TECH CARILION
RIVERSIDE II ATRIUM

Come de-stress with fun activities, therapy dogs, free chair massages, mindfulness stations and healthy snacks!

All VTC students and employees are invited!



Take a Break & Stretch!

Easy Office Stretches

TAKE A FEW MINUTES TO RELAX TIGHT MUSCLES, RELIEVE EYE STRAIN AND BOOST ENERGY!

NECK

Lower ear to shoulder. Slowly roll chin on chest up to other shoulder and back again. Repeat 5x.



Turn head, look over shoulder. Hold 5 counts. Repeat 2x each side.



LOWER BACK

Bend to one side. Hold 10 counts. Repeat on other side.



HANDS & WRISTS

Circle wrists inward, then outward. 10x each direction.



Interlace fingers (palms outward) and extend arms forward. Hold 5 counts, release. Repeat 3x. Shake out hands.



Cross one leg over the other. Twist at waist and place elbow outside the crossed knee. Hold 10 counts. Repeat each side.



UPPER BACK & SHOULDERS

Move arms overhead in climbing motion. Repeat 10x each side.



Circle shoulders forward, then backward. Repeat 10x each direction.



Bend forward and hold 10 counts. Raise up slowly and hold 10 counts.



© 1990 Personal Health Decisions • 16 Timberland Dr • Loudonville, NY 12091 • (518) 468-8088

The website advises: stretch gently using controlled movements. If you experience pain, discontinue exercise & consult your physician.

Link to Resource:

Idea Submitted by: Elvir Berbic

<http://projectiondesk.com/stretches-for-desk-workers-fresh/stretches-for-desk-workers-gorgeous-office-stretching-exercises-beautiful-back-at-your/>

Supporting Mental Wellness in the Community

SAVE THE
DATE!
May 4, 2018



ROANOKE LANGUAGE ACCESS CONFERENCE

BUILDING BRIDGES ACROSS CULTURES



Friday, May 4, 2018



Salem Civic Center, City of Salem Virginia

Join us for our 3rd Annual Conference designed for providers and front-line workers who deal with refugees and limited English populations in the context of mental health.

The program will include many breakout sessions and presentations including:

- Keynote Speaker -- Seyoum Berhe, Virginia State Refugee Coordinator
- Plenary Speaker -- Dr. Rebecca J. Hester, Assistant Professor at Virginia Tech

SPONSORED BY:



Faculty and students can attend for free using the promotional code, MHARVFREE

**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:

**“GREET THE FUTURE WITH ANTICIPATION. DREAM BIG AND WORK HARD.
REMEMBER YOUR ROOTS, MANNERS, AND THE WAY HOME”.**
- AUTHOR UNKNOWN

**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.**