

**UPCOMING
WELLNESS
EVENTS:**

**PAINT NIGHT
TONIGHT!
6:00 PM
VTC CAFÉ
SIGN-UP
REQUIRED**

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

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

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

Snap Pea & Quinoa Salad

Ingredients:

- 2 cups water
- 1 cup quinoa
- 2 cups fresh snap peas, trimmed & cut
- 1 1/2 cups button mushrooms, quartered
- 1/3 cup thinly sliced red onion
- 1 Tbsp chopped fresh dill
- 1/2 cup white balsamic vinegar
- 1/4 cup extra-virgin olive or flax-seed oil
- 1 tsp freshly grated lemon zest
- 1 Tbsp lemon juice
- 1 tsp pure maple syrup

Directions:

1. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Fluff with a fork and set aside to cool.
2. Combine peas, mushrooms, onion, and dill in a medium bowl.
3. Whisk vinegar, oil, lemon zest, lemon juice, and maple syrup in a small bowl. Stir the dressing into the cooled quinoa until even dispersed.
4. Add the quinoa to the vegetable mixture, toss and serve



Wellness Weekly Challenge

Sign Painting Party

“Inspire yourself with your own creativity! Bring your friends and/or make new! You will have the opportunity to create two home decor signs suitable for desk tops, mantel or wall hanging decorations with a variety of color and design options. As you make the project, you will learn tips and techniques for hosting your own party or making them on your own at home! All supplies are provided.”



Monday, April 9th

Green Ridge Recreation Center

6:00 PM

[Register Here!](#)

VA State Science & Engineering Fair

Volunteer with us!

Virginia Tech Carilion School of Medicine is host the 2018 Virginia State Science and Engineering Fair (VSSEF) at the Berglund Special Events Center on April 14th. An Open House for students and their families will held the evening prior (6-8 pm) at Virginia Tech Carilion School of Medicine – Research Institute. These events will serve as an educational and motivational experience for high school students and families from across the commonwealth of Virginia, while providing them with a unique opportunity to learn more about the work that we do.

Volunteers, including display and safety officers, registration coordinators, greeters, and tour guides will play an important part in making these events a success! Your involvement as a volunteer is an opportunity to support young people interested in STEM as they pursue their interest. The preliminary event schedule is attached.

To volunteer, please complete the form found here:

https://viriniatech.qualtrics.com/jfe/form/SV_b31ZjqwrLKd1hWd and mark April 13-14, 2018 on your calendar! We are assigning volunteers on a rolling basis, so please sign up today!

Contact Carrie Knopf at cfknopf@carilionclinc.org or kcarrie1@vt.edu with questions and comments.

WAC Event Tonight!

The Wellness Advocacy Committee is hosting

PAINT NIGHT

at

6:00 PM

in the

VTC Café

If you'd like to participate,
please sign up using [this link!](#)

It's **FREE** for those able to
sign up before space
fills up!

Special thanks to
Ayesha Kar, Class of 2021
for making this possible!



Fur Babies Friday!

Mark Your Calendars!



Bring your puppy/dog(s) to meet new friends on April 27th!!

Weather permitting, we will all meet for a puppy playdate on the Riverside fields on April 26th at 5:30 PM!

Watch for more details!

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:

**“DARKNESS CANNOT DRIVE OUT DARKNESS;
ONLY LIGHT CAN DO THAT.
HATE CANNOT DRIVE OUT HATE;
ONLY LOVE CAN DO THAT.”
- MARTIN LUTHER KING JR.**

**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.VTACADEMY.EDU), OFFICE OF STUDENT AFFAIRS VTC SOM.**