

Wellness Weekly

Black Bean & Quinoa Chili

UPCOMING EVENTS:

SEPTEMBER 5TH
NOON
WALKING
WEDNESDAY!

SEPTEMBER 10TH
12:15-12:30
MINDFULNESS
M206

DECEMBER 6TH
PUPPIES & PIZZA,
HOKIE WELLNESS
END OF THE
SEMESTER
EXTRAVAGANZA

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Ingredients:

- 3 cans low sodium black beans, rinsed
- 1 cup quinoa, uncooked, rinsed
- 3 cups low sodium vegetable broth
- 2 cups water
- 1 can hominy or yellow sweet corn, rinsed
- 1 can diced tomatoes
- 1 Tbsp fresh cilantro, chopped
- 1 poblano pepper, finely diced
- 1 Tbsp minced garlic
- 1/2 medium onion, diced
- 1 cinnamon stick
- 2-3 Tbsp chili powder
- 1 tsp cumin powder
- 1 tsp onion powder
- 1/2 tsp ground pepper
- 1/2 tsp salt
- 1 avocado sliced
- Green onion for topping

Directions:

1. Place all ingredients into a large pot.
2. Turn heat to medium/high and bring to a rolling boil.
3. Cover and simmer on low for about 1 hour.
4. Serve with diced green onions & avocado.



Wellness Weekly Challenge



Try Mindfulness.

Mindfulness Mondays are back!

**Monday
September 10th
12:15-12:30
M206**

Mindfulness founder, Jon Kabat-Zin describes

mindfulness as “paying attention, in a particular way, on purpose, in the present moment, non-judgmentally.”

Mindfulness is supported in the research to be an excellent way to foster healthy body & mind.

Consider giving it a try.

VTC Walking Wednesdays



**VTC
Walking
Wednesdays!!!**

Every weather-permitting Wednesday, at NOON. Head to the bottom of the Riverside 2 stairs and wait for your walking buddies to arrive. **ALL faculty, staff, & students of VTCSOM/RI welcome!** You can also join the VTC Walking Wednesday Google group

(vtcsom-wellness) for additional info. And, walkers will receive a card to collect stamps (contact Emily Holt Foerst). Accumulated stamps could lead to winning a Yeti cooler from Hokie Wellness.

**Starting the
week of
September
17th**

VTC Counseling Services

Dr. Jennifer Slusher, PhD, LPC will be located in 1 Riverside
**Monday-Friday
8:00-5:00**

More information forthcoming!



**PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY
MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.**

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

TBD - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

DR. ALLISON BOWERSOCK, PHD, CSCS, ACSM-EIM

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

“Some days are just **HARD.”**

- Author Unknown

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,
PLEASE EMAIL [EMILY HOLT FOERST](mailto:EMILY.HOLT.FOERST@VTCSOM), OFFICE OF STUDENT AFFAIRS VTCSOM.

TO SEND A “WEEKLY SHOUT OUT” MESSAGE,

EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU