

Wellness Weekly

Carrot Ginger Soup

UPCOMING EVENTS:

EVERY
WEDNESDAY IS
WALKING
WEDNESDAY
MEET AT BASE
OF R2 STAIRS
12:00

POP PILATES
FEBRUARY 5TH
STUDENT GYM
2ND FL R2
5:00

MINDFULNESS
FEBRUARY 11TH
STUDENT
COMMONS
12:15

POP PILATES
FEBRUARY 12TH
STUDENT GYM
2ND FL R2
5:00

OPEN MIC NIGHT
(AKA VTC TALENT
SHOW)
MARCH

Ingredients:

- 1 Tbsp unsalted butter
- 1 large white onion, chopped
- 3 cups reduced-sodium vegetable broth
- 1 lb peeled baby carrots
- 1 Tbsp grated fresh ginger
- 1/4 cup reduced fat sour cream (coconut milk for dairy free)
- Kosher salt and white pepper to taste
- 2 Tbsp fresh micro greens or chives, for garnish

Directions:

1. In a large pot of Dutch oven, melt butter over medium heat; add onions and cook, stirring often, until onions are soft, about 5-6 minutes.
2. Add broth, carrots, and ginger. Cover and boil, then reduce to a simmer for about 30 minutes.
3. Add sour cream and blend until smooth (with blender of choice).
4. Add salt & pepper to taste. Garnish and enjoy.

NOTE: Instant pot directions available at [link/citation below](#).



Wellness Weekly Challenge

New Coffee Shop... Study Spot



Land of a Thousand Hills Coffee

90 Town Center Street
Daleville, VA

Hours:

Monday—Friday 7:00—9:00

Saturday 7:30—9:00

Closed on Sundays

[The company is partnered with farmers of Rwanda.](#)

1000 Hills has regular [art shows](#) and 20% of the proceeds support children of Nkombo Island in Rwanda.

On-Going VTC Wellness Activities

Pop Pilates

February 5th
5:00 PM

February 12th
5:00 PM

Student Gym 2nd fl R2



Wellness Google Group

Need Wellness Event Reminders!?

Join:

vtcsom-wellness-g@vt.edu

Walking

Wednesdays

Every Wednesday at noon—group meets at the base of the Riverside 2 steps.

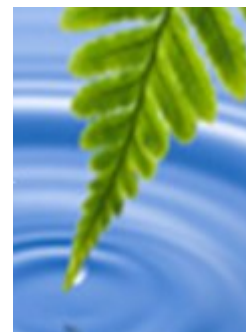


Mindfulness

February 11th
12:15

April 8th
12:15

Student Commons





DOCS FOR MORGAN BASKETBALL CHALLENGE

February 7, 2019 ~ 7:00 p.m.
Patrick Henry High School
2102 Grandin Road SW, Roanoke
FREE Admission*



ABOUT DOCS FOR MORGAN

Docs for Morgan was formed in 2012 by Carilion Medical Center physicians who wanted to honor Morgan and support her parents, Dan and Gil Harrington after her untimely death.

THE SCHOLARSHIP

*Money raised through donations supports the Morgan Dana Harrington Memorial Scholarship Fund at the Virginia Tech Carilion School of Medicine. The scholarship honors Morgan's passion for education.



A donation table will be set up at the game, or you may visit
medicine.vtc.vt.edu/giving

Questions? Email: may@vt.edu

The activity described here is not sponsored or endorsed by the Roanoke City or Roanoke County School Boards.

LEAP Farm Share Program

The Local Environmental Agriculture Project (LEAP) sign-up is underway for 2019!

LEAP, is a Farm Share/CSA (Community Supported Agriculture) program that gives you the opportunity to buy produce from local farmers and support the local economy. Ideally, a house full of fresh produce also encourages you to eat healthier.

Consider joining with friends and sharing the bounty if you're worried you might not be able to consume it all on your own.

LEAP works with farmers within a 100 miles of Roanoke.
To learn more, check out their [site](#).

The program fills fast and registration ends April 15th.

Those who register by March 29th receive a \$10 gift certificate to any LEAP famers market.

There are a variety of pick-up locations including CRMH, Riverwalk Parking Garage (Wednesdays 3:15-6:15).

Prices vary with share package options.

[Registration Information](#)



Carilion Wellness always has a variety of [class options](#) for members.

One current option is:

Tai Chi

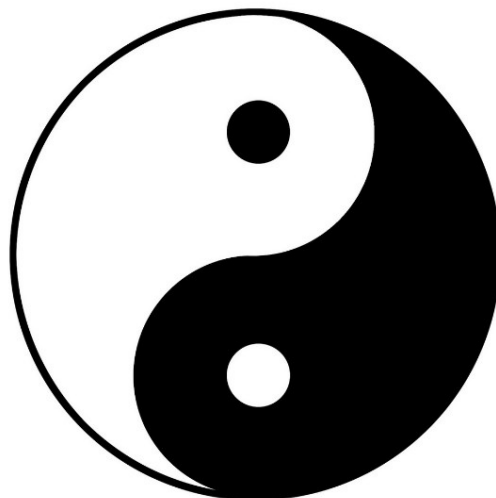
The sessions started this month and will run through April.

Session Schedule:

Sundays

12:00-1:00—Fundamentals

1:00-2:20—Intermediate



VTC Fitness Challenge Week 4 Standings

1	Will Run for Margs	517
2	Nocardia for Old Men	444
3	The Titan Fit Swolemates	421
4	Quadratus Firmoris	354
5	Cirque du Sore Legs	336
6	Swole Girls	332
7	VALKyries	322
8	Squat It Like It's Hot	319
9	Spite Team	318
10	Gains before Brains	313
11	Dopaleans	262
12	A Little Week Behind	250
13	Nicolas Cage Fighters	223
14	Thick & Thin	184
15	We Got (Clinical) Skillz	158
16	Kalorie Kings	144
16	Pumped Up Chicks	144
18	We Get You In	132
19	Knee High by the 4th of July	129
20	Mission Slimpossible	124
21	Airi Wants a Free Tank	96
22	Sparkle Motion	85
23	Harolds and Kumar	75
24	JAK'd STAT	57
25	Running on Empty	40
26	Mass PECtrometry	28
27	Team Name TBD	26
28	Los four Dost	0

**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

ROBYN GOODRICH - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

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

LAURIE SEIDEL, MSN, RN

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

**“Keep your face always toward
the sunshine - and shadows will
fall behind you.”
- Walt Whitman**

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**