

Wellness Weekly

Turkey Dinner in a Skillet

UPCOMING EVENTS:

NOVEMBER 27TH
POP PILATES
5:00 PM
M210

DECEMBER 6TH
WINTER
EXTRAVAGANZA
1:00-5:00
VTC ATRIUM

PUPPIES & PIZZA
5:00-7:00 PM
VTC CAFÉ

JANURY 1ST
FITNESS
CHALLENGE
BEGINS!

Ingredients:

- 3 Tbsp light butter with canola oil, divided
- 2 cups small broccoli florets
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 Tbsp chopped fresh parsley
- 2 tsp chopped fresh sage
- 1/4 tsp ground pepper
- 1/8 tsp salt
- 1/2 cup no-salt added turkey or chicken broth
- 3 oz ciabatta bread cubed & dried
- 8 oz boneless turkey breast, cut into 1/4-inch slices
- 2 Tbsp dried cranberries

Directions:

1. Melt 1 Tbsp butter into large skillet over medium-high heat. Add broccoli, onion, and celery. Cook and stir 5-6 minutes or until the broccoli is crisp-tender. Add 1 more Tbsp butter, melt. Stir in parsley, sage, pepper, and salt. Add 1/2 cup of the stock & bring to boil.
2. Place bread cubes in a large bowl; drizzle with hot vegetable-stock mixture. Toss lightly to combine. Cover to keep warm.
3. Place the remaining 1 Tbsp butter in the skillet; return to the heat. Add turkey; cook 4-5 minutes or until no pink remains. Remove turkey and set aside. Spread bread-vegetable mixture evenly in the skillet. Add remaining 1/2 cup stock if needed. Top with turkey & cranberries.



Wellness Weekly Challenge

Star City Half Marathon & 10K



November 17, 2018
8:00 AM
O. Winston Link Museum
101 Shenandoah Ave NE

[Registration Info!](#)



On-Going VTC Wellness Activities

Pop Pilates

November 27th
5:00 PM
Student Commons



Wellness Google Group

Need Wellness Event Reminders!?

Join:

vtcsom-wellness-g@vt.edu

Walking

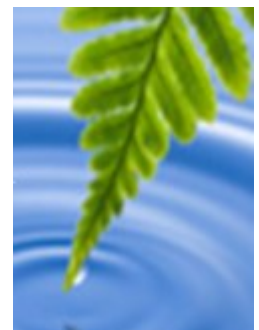
Wednesdays

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



Mindfulness

December 3rd
12:15-12:30
in M206
with Laurie Seidel



Art Show Opening Reception

The Influence of Women

Art Show Opening and Public Retirement Party



Identity Crisis by Fiber Artists @Loose Ends is one of dozens of pieces of art displayed at the show. Below: *Mad Scientist* by Ellie Loschner (age nine).



This show will explore and celebrate the many different ways women affect their worlds. The focus of the show was developed in appreciation for the school's Founding Dean Cynda Johnson, who will retire at the end of the year. The opening reception will serve as Dean Johnson's public retirement party. All are invited to stop by and wish her well!



Opening Reception
Tuesday, December 4
4 - 7 p.m.

Virginia Tech Carilion
School of Medicine
2 Riverside Circle
Roanoke

More information:
Courtney Powell
cbrakes@vt.edu

medicine.vtc.vt.edu/events

The show will also feature works by Hollins University students.

Sponsored by the school's Creativity in Healthcare Education program, the exhibition is one of three held annually for local artists to showcase their works to the community and to reinforce to medical students the importance of having a community connection.

The show runs from Nov. 5, 2018 to March 1, 2019.

ROANOKE VALLEY CHILDREN'S CHOIR
CELEBRATING 32 YEARS OF CHORAL EXCELLENCE
UNDER THE DIRECTION OF **KIMBERLY RUSE DAVIDSON**

Songs of the Season

32ND ANNUAL HOLIDAY CONCERT

SUNDAY DECEMBER 9, 2018

CONCERTS AT 1:30 PM AND 4:00 PM

SHAFTMAN PERFORMANCE HALL AT THE JEFFERSON CENTER

TICKETS:
\$22, \$19, \$16
(\$3 DISCOUNT FOR
CHILDREN 12 AND UNDER)

SPECIAL GUESTS INCLUDE:
ROANOKE CHAMBER BRASS
AND MUSICIANS FROM THE
ROANOKE SYMPHONY ORCHESTRA

AVAILABLE THROUGH THE JEFFERSON CENTER BOX OFFICE AT
540-345-2550 OR ONLINE AT WWW.JEFFCENTER.ORG

SPECIAL GUEST CONDUCTOR AT THE 1:30 CONCERT
MAESTRO DAVID STEWART WILEY, ROANOKE SYMPHONY ORCHESTRA



ROANOKE VALLEY
CHILDREN'S CHOIR

SHAPING CHILDREN'S VOICES AND BUILDING CHARACTER SINCE 1987

WWW.CHILDRENSCHOIR.COM

Fitness Challenge Returning Soon....

Start Getting Your Team Ready!!!

January 1st

the Fitness Challenge will be kicking off!

Just like last year,

the Fitness Challenge will end with Match Day, March 15th!

Details so Far:

- ◆ Teams can include: faculty, staff and/or students (any combination).
- ◆ Teams will be limited to no more than 4 people.
- ◆ Each team needs to choose a team name & a team captain.
- ◆ WAC will be tinkering with the points system a bit (more to come on that topic in December).
 - ◆ But one new feature: points will be due by NOON on Friday each week, no points submitted after the Friday NOON deadline can be included in the official tally.
 - ◆ This year, Elvir Berbic will be helping collect and tally points.
 - ◆ **Extra points will be awarded for attending certain WAC sponsored events (specifically: Mindfulness, Pop Pilates, Walking Wednesdays).**
- ◆ Participants will receive a FREE T-shirt (design currently under construction).
- ◆ The team with the most accumulated points at the end of the Fitness Challenge will receive a sweatshirt (and the opportunity to help in the design of the sweatshirt).

Email Emily at Emily_10@vt.edu with your team info.

Include in your email:

- **The 4 team member names**
- **Your team's name**
- **Which member of your team is the captain**



Designed by Vecteezy

**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:

**“We must go boldly into the darkness
and be the light.”
- American Aquarium**

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**