

Wellness Weekly

Roasted Cauliflower & Broccoli

UPCOMING EVENTS:

COMING IN
NOVEMBER
ART THERAPY
NIGHT

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

MINDFULNESS
COMING SOON

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Ingredients:

- 1 small head cauliflower, cut into florets
- 2 large stalks broccoli, cut into florets
- 1 head garlic, top 1/3 cut off
- 3 Tbsp cooking oil
- 1/2 tsp salt

Directions:

1. Preheat oven to 375 degrees.
2. Place the cauliflower and broccoli florets into a 9x13 baking pan. Toss vegetables with 2 Tbsp of cooking oil. Sprinkle with the salt.
3. Place the head of garlic in one corner of the baking dish. Pour 1 Tbsp cooking oil over the garlic. The link below contains a video of this recipe process. Watch it for a quick lesson how to properly prepare the garlic head.
4. Cover the dish with foil and bake for 30 minutes. Remove the cover, stir and return to the oven for an additional 30-40 minutes; stirring occasionally.
5. The dish is ready when the vegetables are tender and brown.
6. Enjoy!



Wellness Weekly Challenge



Checkout Pop Pilates!

Pop Pilates by Lynspired Fitness is a great new way to mix up your workout routine.

Classes are held in a variety of locations around the Roanoke Area.

If you attend a class, make sure you bring: A yoga mat, water, and a towel.

One upcoming class is Thursday, September 6th at Soaring Ridge Brewery

To find out about this class and others scheduled around Roanoke, head to Facebook, Instagram (@lynspired_fitness) or email lynspiredfitness@gmail.com



4th Annual Hike for Hospice

**Sunday,
September 9th
1:30-4:30
Explore Park**

Participants will hike through the heart of Explore Park to the main event area located at the Historic Houtz Barn. Hikers will then enjoy lunch off the grill (veggie burgers included), Homestead creamery ice cream, live bluegrass music, a raffle, vendors including Music and Massage booths representing Good Sam's own

Complementary Therapists, a special Grandparents Day booth with complimentary family photos, and games such as jumbo jenga and corn hole. There will also be optional group excursion hikes led by Walkabout Outfitters and the Society of American Foresters.

[Learn more at this link.](#)

VT Culture & Community Centers

Getting Connected with VT Blacksburg

VT has a wide variety of culture and community groups. Getting connected with individuals who share a similar background and heritage can foster a stronger connection with the Roanoke/Blacksburg area. VT centers include: American Indian, Native, Indigenous, First Nations, Appalachian, Asian and Asian American, Black and African American, First Generation College Students, Hispanic and Latino, Individuals with Disabilities, International, Jewish, LGBTQ+, Muslim, and Veteran.



To find out more, go to: www.ccc.vt.edu

**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

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

**“DO SOMETHING TODAY
THAT YOUR FUTURE SELF
WILL THANK YOU FOR.”
- 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**