

# Wellness Weekly

## No-Mayo Chicken Salad

### UPCOMING EVENTS:

8/14

MINDFULNESS ART SHOW OPENING

5:00 PM

VTC ATRIUM

COMING IN NOVEMBER, ART THERAPY NIGHT

12/6 PUPPIES & PIZZA

MINDFULNESS COMING SOON

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### Ingredients:

- 2 Tbsp pine nuts (optional)
- 2 cups shredded rotisserie chicken
- 2 celery ribs, thinly sliced
- 1 Tbsp fresh thyme leaves
- 1/4 cup fresh parsley, chopped
- 2 lemons, juiced
- 1 tsp Dijon mustard
- 1/2 shallot, minced
- 2 Tbsp olive oil
- Salt and pepper

### Directions:

1. Toast pine nuts over medium-low heat for 2-3 minutes. Remove from heat.
2. In a mixing bowl, combine the chicken, celery, thyme, parsley, and toasted pine nuts.
3. In a small bowl, whisk together the lemon juice, mustard, shallot, and olive oil. Season to taste with salt and pepper.
4. Pour the dressing over the chicken; mix to combine.
5. Enjoy immediately or refrigerate and chill. Can be served with or without croissants, pita bread or lettuce cups.



## Wellness Weekly Challenge

### Save Money & Time on Lunches!



In an August 9th on-line article by Samathna Cassetty, registered dietician and contributor to NBC News, readers are provided with the tools for tackling a week's worth of lunches for under \$20.

It all begins with the shopping list:

- 15 oz can solid white albacore tuna in water
- 1 dozen large, cage-free eggs
- Frozen riced cauliflower
- Frozen brown rice
- Frozen shelled edamame
- 1 package romaine hearts
- 1 avocado
- 1 package matchstick carrots
- 1 pint grape tomatoes
- 1 red onion

Then with a little advanced meal prep, you can make 5 separate lunches to get you through the entire work week.

- Meal 1: California Tuna Salad
- Meal 2: Avocado and Edamame Rice Bowl
- Meal 3: Tuna Salad in Lettuce Leaves
- Meal 4: Turmeric Egg Salad
- Meal 5: Cauliflower Fried Rice

[Recipes Here](#)

## 44th Annual Salem Distance Run

**Longwood Park  
August 11th**

**Race starts  
at 8:00 AM**

**\$25.00 for the 5K  
\$30 for the 10K**

If you enjoy distance running, and you're looking for a race, head to Salem's Longwood Park bright and early Saturday morning. Ultra-Marathoner Michael Wardian will be

there too. Please note, dogs are not allowed and race registration ends at 7:30 AM.

For more information, visit the [website](#).



## Movies in the Market

**TONIGHT!**

**August 10th  
Market Square  
Activities start at  
6:00 PM**

Roanoke's Market Square hosts movies in the market on the second Friday during the summer months. Tonight is the last of the summer movies. Grab some friends, lawn chairs, snacks, and go enjoy Star Wars: The Last Jedi. Activities start at 6:00 PM and the movie will start at dusk. It's FREE & Pet-Friendly



**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:**

**“DON'T LIMIT YOUR CHALLENGES.  
CHALLENGE YOUR LIMITS.”  
- JERRY DUNN**

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](mailto:EMILY_10@VT.EDU)**