

UPCOMING WELLNESS EVENTS:

**HELP MAKE
SURE WAC
ACTIVITIES
YOU ENJOY
HAPPEN IN
2018-2019.**

**PLEASE
REMEMBER
TO
COMPLETE
THE
WELLNESS
SURVEY.**

Keto Buffalo Chicken Meatballs

Ingredients:

- 1 lb ground chicken
- 1 egg, beaten
- 1 green onion, minced
- 1 celery stalk, minced
- 2 garlic cloves, minced
- 1/4 cup coconut flour
- 1 tsp onion powder
- 1/2 tsp paprika
- 3/4 cup buffalo sauce or hot pepper sauce
- Sea salt & ground pepper

Directions:

1. Preheat the oven to 400 degrees.
2. In a bowl, combine all ingredients, except the hot sauce. Season to taste.
3. Mix everything until well combined, add more coconut flour if the mixture is too runny.
4. Form small balls of about 1 inch in diameter and place on a parchment-lined baking sheet.
5. Cook in the oven 30-35 minutes or until cooked through and no longer pink..
6. Gently toss the meatballs with the buffalo sauce, and heat another 4-5 minutes in the oven.
7. Serve with fresh celery sticks.



Wellness Weekly Challenge

TAKE A TRIP TO THE BALLPARK!

A TRIP TO THE BALLPARK IS USUALLY A HIT! THE SEASON IS ALREADY IN FULL SWING AND EVENTUALLY THE RAIN WITH STOP. GRAB A FEW FRIENDS A CATCH A GAME!

FIREWORKS AFTER EVERY FRIDAY NIGHT GAME!



MONDAY - FRIDAY GAMETIME: 7:05 PM
SATURDAY GAMETIME 6:05 PM
SUNDAY GAMETIME 4:05 PM

THE SOX ARE HOME AGAIN
MAY 29— JUNE 3RD

Hike Virginia's Triple Crown

DON'T LET YOUR TIME IN ROANOKE SLIP BY WITHOUT TAKING THE TIME TO VISIT THE THREE MOST ACCLAIMED TRAILS IN THE AREA. AS THE MOST ACCLAIMED, THEY ARE ALSO THE MOST HIKED; SO PLEASE CARE FOR THE ENVIRONMENT WHILE ON THESE POPULAR SITES.

DRAGON'S TOOTH
MCAFEE KNOB
TINKER CLIFFS

NOTE: THESE ARE NOT ROANOKE'S EASIEST TRAILS. SO...CHECK OUT [THIS LINK](#) BEFORE YOU GET IN OVER YOUR BOOTS!



Roanoke Favorites!

When new students arrive in Roanoke, there are naturally lots of good questions about where to find various places/services.

Please take a moment to complete the survey below... our own VTC Best of Roanoke survey. The results will be written up and shared with the Class of 2022 as well as posted among the resources on the VTC Wellness website.

It is only 10 questions in length.

<https://www.surveymonkey.com/r/MWF7QPM>

75% Off Bookstore Sale!

75% off is good for everyone's financial wellness!

Take advantage of the fact the new logo is coming soon and so all the old logo stuff has got to go!

Swing down to the bookstore soon before the only item left is sweatpants!



**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. ALLY BOWERSOCK, PHD, CSCS, ACSM, EIM - LEVEL 1

DR. JENNIFER SLUSHER, PHD, LPC

EMILY HOLT, COMMITTEE CHAIR

QUOTE OF THE WEEK:

**“LIFE IN THE SUNSHINE. SWIM IN THE SEA.
DRINK THE WILD AIR.”
- RALPH WALDO EMERSON**

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,
EMAIL EMILY HOLT AT EMHOLT@CARILIONCLINIC.ORG**

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