

UPCOMING WELLNESS EVENTS:

11/28 12:15

20 MIN
STRENGTH
TRAINING WITH
DR. ALLY
BOWERSOCK
STUDENT GYM

11/28 5:30 PM

PIZZA &
PUPPIES
RETURNS!

VTC ATRIUM

COMING SOON!

OPEN MIC
NIGHT

COFFEE HOUSE

Chocolate Banana Breakfast Quinoa

Ingredients:

- 1/2 cup quinoa
- 1 1/4 cup almond milk
- 1/2 cup water
- Sea salt
- 1 banana (1/2 mashed, 1/2 sliced)
- 2 tsp honey
- 2 tsp cocoa powder
- 1/2 tsp vanilla extract

Directions:

1. Bring quinoa, 1 cup almond milk, water, and 1 dash salt to a boil in a small pot.
2. Reduce heat to a simmer and cook, stirring occasionally, until all liquid has been absorbed, about 10 minutes. Remove quinoa from stove and transfer to a bowl.
3. Mix in mashed banana, honey, cocoa powder, and vanilla. Stir until evenly combined. Pour remaining 1/4 cup of almond milk over quinoa, and garnish with banana slices.



Less than 30 minutes to prepare.

<https://greatist.com/eat/recipes/chocolate-banana-breakfast-quinoa>

SalsaNoke Dancing

Want to learn Latin style dancing?

SalsaNoke offers lessons in Latin style dancing including: salsa, bachata, kizomba, merenge, tango, cha-cha, etc.

**Classes are Tuesday nights at 7:30 PM
at Neda Fit Studio**

3535 Franklin Rd SW, Roanoke, VA 24011

For inquiries contact Edgar at SalsaNoke@gmail.com or at 540-819-2263

More information can be found on

Facebook at www.facebook.com/SalsaNoke/

Puppies & Pizza!

Back by popular demand!

Therapets will be bringing several therapy dogs to help relieve some of your end of the block stress!

FREE PIZZA, & PUPPIES to SNUGGLE!

VTCSOM Atrium & Café

Tuesday, November 28th

5:30 PM Pizza arrives

6:00 PM Puppies arrive

Wellness Weekly Challenge

MAKE TIME FOR THE GROUP TUTORING SESSIONS

ATTENDANCE IS GOOD FOR ACADEMIC WELLNESS!!!

GROUP TUTORING SESSIONS ARE **EVERY WEEK**

(ALIGNED WITH THE M1 BLOCK SCHEDULE).

M2S BENEFIT FROM ATTENDING TOO.... IT'S GREAT REVIEW!

**SESSIONS ARE MOVING TO
WEDNESDAY NIGHTS IN 2018!!!
5:00 PM IN M211**

Paleo Chocolate Fudge Coconut Granola

Ingredients:

- 1 lb mixed nuts (almonds, pecans, etc.)
- 1/2 cup chia seeds
- 1.5 cups unsweetened shredded coconut

Fudge:

- 1/4 cup coconut oil
- 1/4 cup +2 Tbsp cacao powder
- 3 Tbsp maple syrup
- 1 tsp vanilla
- Pinch of salt

Directions:

1. Preheat oven to 300 degrees. Line a large baking sheet with parchment paper.
2. In your food processor or blender, pulse the nuts until they are broken down to the size you prefer.
3. Place the nuts in a large bowl and toss with chia seeds and coconut flakes.
4. In a small pot, over low heat, melt the coconut oil. Turn off the heat and whisk in the cacao powder, maple syrup, vanilla, and salt until smooth.
5. Pour the fudge over the granola and toss to coat. Spread the mixture evenly onto the pan and bake for 25-30 minutes stirring once or twice.



<https://www.wickedspatula.com/chocolate-fudge-coconut-granola/>

**PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY
MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.**

ALLY NAGY - CLASS OF 2018

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

DR. ALLY BOWERSOCK, PHD, CSCS, ACSM. EIM, LEVEL 1

DR. JENNIFER SLUSHER, PHD, LPC

EMILY HOLT, COMMITTEE CHAIR

QUOTE OF THE WEEK:

A CREATIVE MAN IS MOTIVATED BY THE DESIRE TO ACHIEVE,
NOT BY THE DESIRE TO BEAT OTHERS.

- AYN RAND

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