

VTC SOM  
WELLNESS  
ADVOCACY  
COMMITTEE

UPCOMING  
WELLNESS  
EVENTS:

COMING  
SOON!

VTC  
FITNESS  
CHALLENGE  
BEGINS  
JANUARY 2ND

IN JANUARY  
OPEN MIC  
NIGHT  
3RD STREET  
COFFEE  
HOUSE  
DATE TBD

IN FEBRUARY  
THE RETURN  
OF TEA &  
JAZZ  
FRIDAYS AT  
5:00 PM

# Wellness Weekly

Virginia Tech Carilion School of Medicine

VOLUME 2, ISSUE 24

DECEMBER 15, 2017

## Carrot Turmeric Red Lentil Stew

### Ingredients:

- 1 Tbsp cooking oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 2 cups red lentils
- 2 tomatoes, diced
- 2 large carrots, peeled & sliced
- 6 cups vegetable broth
- 1/2 tsp turmeric
- 1/2 tsp cumin
- 1/2 tsp black pepper
- Chopped fresh cilantro
- Lime juice, for drizzling

### Directions:

1. In a large pot on medium high heat, drizzle a little cooking oil and sauté the onion and garlic until fragrant, about 3 minutes. Add the red lentils and stir to coat well. Add spices and vegetable broth. Turn up the heat to high and bring everything to a rapid boil.
2. Once it starts boiling, turn the heat down to a low simmer and cook uncovered for about 12-15 minutes (until the lentils are cooked through).
3. Adjust the seasoning, remove the stew from the heat and divide into bowls. Top with fresh cilantro and drizzle with lime juice.



<http://www.eatwell101.com/carrot-turmeric-red-lentil-stew-recipe>

# HORSEBACK RIDING!



No experience necessary!

Get a group of friends together or just sign up to meet new people in Roanoke who share your love of horses.

**Saturday, January 13, 2018**

**11:30-5:30**

The day-long riding adventure includes transportation to the stable, safety equipment, and lunch.

Depart from Green Ridge Recreation Center

Course Number 50111 \$65.00 fee

## THE VTC 2018 FITNESS CHALLENGE!!

**ALL STUDENTS, FACULTY, STAFF, RESIDENTS, FELLOWS,  
ATTENDINGS**

**ARE ALL ELIGIBLE TO JOIN A TEAM!**

TEAMS MUST INCLUDE 4 PEOPLE

**TO SIGN UP BY JANUARY 1, 2018 [CLICK HERE!](#)**

**CONTEST RUNS: JANUARY 2 - MATCH DAY, MARCH 16**

POINTS AWARDED FOR STRENGTH, CARDIO  
& MOBILITY/FLEXIBILITY EXERCISE

(30 MINS = 1 PT W/MAX OF 20 PTS PER PERSON PER WEEK)

**EVERYONE WHO PARTICIPATES GETS A T-SHIRT &  
THE WINNING TEAM MEMBERS RECEIVE  
PERSONALIZED SWEATSHIRTS**

CONTACT ANY WELLNESS ADVOCACY MEMBER  
FOR ADDITIONAL DETAILS!

# Wellness Weekly Challenge

SUN	MON	TUES	WED	THURS	FRI	SAT	
NOVEMBER			22	23	24	25	
26	27	28	29	30			
DECEMBER						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							
JANUARY							
1	2	3	4	5	6		
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28							

**HOURS OF OPERATIONS**

4PM - 9PM	4PM - 10PM	CLOSED
11AM - 10PM	12PM - 7PM	

**SPECIAL HOURS** - 11/23, 2PM-10PM - 12/24, 11AM-4PM - 12/31, 1PM-10PM

## GO ICE SKATING AT ELMWOOD PARK!

IT'S THAT TIME OF YEAR AGAIN. THE TEMPORARY OUTDOOR RINK IS UP AND RUNNING; SO GET OUT TO ELMWOOD PARK!

\$6.00 ADMISSION  
\$2.00 SKATE RENTAL

SEE YOU THERE!

## Chickpea Chicken Soup

### Ingredients:

- 2 Tbsp cooking oil
- 1-2 cups shredded chicken
- 3 large garlic cloves, crushed
- 1 tsp smoked paprika
- 1/4 tsp ground cayenne
- 4 cups low sodium chicken broth
- 2 15 oz cans chickpeas (low sodium), drained & rinsed
- 1 large can whole tomatoes
- Juice of 1 lemon
- A small bunch of fresh parsley
- Kosher salt & black pepper

### Directions:

1. Heat oil in a large pot over low heat. Cook the garlic for 2 minutes, until fragrant. Add tomatoes, paprika, and cayenne; stir for 5 minutes. Add the chicken and stir well.
2. Cover with broth and bring to a boil, then lower the heat and simmer about 35 minutes or until the broth has reduced slightly.
3. Add the drained chickpeas. Adjust seasoning and cook for 5 minutes more then divide the soup into bowls and serve with chopped parsley and a dash of fresh lemon juice.



<http://www.eatwell101.com/chickpea-chicken-soup-recipe>

**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 QUIET NIGHT AT HOME IS ONE OF LIFE'S GREAT PLEASURES.  
- AUTHOR UNKNOWN

**TO SEND A "WEEKLY SHOUT OUT" MESSAGE,  
EMAIL EMILY HOLT AT [EMHOLT@CARILIONCLINIC.ORG](mailto:EMHOLT@CARILIONCLINIC.ORG)**