

VTCSOM
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 26

DECEMBER 29, 2017

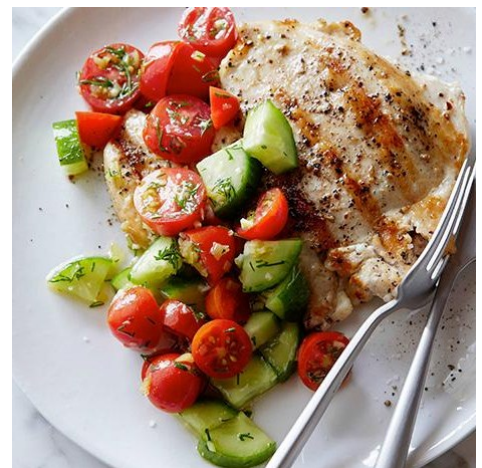
Grilled Chicken with Tomato-Cucumber Salad

Ingredients:

- 1 clove garlic
- 1 tsp kosher salt
- 1 Tbsp olive oil
- 1/4 lemon, juiced
- 1 cup pear tomatoes, sliced
- 1 cucumber, unpeeled, quartered & sliced
- 3 pepperoncini peppers, stemmed & minced
- 1 Tbsp chopped fresh dill
- Fresh ground pepper
- 4 chicken breasts filleted

Directions:

1. Smash the garlic clove, sprinkle with 1 tsp of salt and with the flat side of a large knife, mash and sear to a coarse paste. Put the garlic paste in a large bowl and stir in the olive oil and lemon juice. Add the tomatoes, cucumber, pepperoncini, and dill and toss. Sprinkle with black pepper & set aside.
2. Preheat a pan to medium high heat. Spray the chicken slices lightly with the olive oil and season with salt & black pepper. Grill the chicken about 2 minutes per side.
3. Place each piece of chicken on a plate and top with the tomato-cucumber salad.



[Citation link for Grilled Chicken & Tomato-Cucumber Salad](#)

INDIAN TEATIME

Learn how to make potato filled Samosas and Chai (tea),
as well as Kaaju Burfee dessert.

Saturday, February 2, 2018

9:00 AM - 12:00 PM

Brambleton Center

Course # 32486

Fee: \$37.00

For more information:

www.roanokecountyparks.com

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

FIND A GOOD BOOK TO ENJOY

TAKE A BREAK FROM REQUIRED READING & READ FOR FUN. HERE'S A LIST OF BOOKS RECOMMENDED BY HARVARD PROFESSORS IN A RECENT INDEPENDENT ARTICLE:

- ◆ ANNA KARENINA BY LEO TOLSTOY
- ◆ THE INTERNATIONALISTS BY OONA HATHAWAY & SCOTT SHAPIRO
- ◆ JUST MERCY BY BRYAN STEVENSON
- ◆ THE THEORY OF MORAL SENTIMENTS BY ADAM SMITH
- ◆ ROBOT-PROOF BY JOSEPH AOUN

ARTICLE REFERENCED:

[HTTP://WWW.INDEPENDENT.CO.UK/ARTS-ENTERTAINMENT/BOOKS/BOOKS-EVERY-STUDENT-READ-2018-HARVARD-UNIVERSITY-PROFESSORS-NOBEL-LAUREATES-SCIENTISTS-ECONOMISTS-A8115116.HTML](http://www.independent.co.uk/arts-entertainment/books/books-every-student-read-2018-harvard-university-professors-nobel-laureates-scientists-economists-a8115116.html)

3 Ingredient Chocolate Bark

Ingredients:

- 10 oz dark chocolate bark (60% cocoa)
- 1/2 cup Pistachios Roasted & salted (crushed)
- 1/2 cup Fresh Pomegranate Arils

Directions:

1. In a double boiler, melt chocolate until smooth. Pour chocolate onto a baking sheet lined with waxed paper. Evenly distribute chocolate using a spatula.
2. Sprinkle pistachios and pomegranate arils over the top. Press gently into the chocolate.
3. Refrigerate for 30 minutes or until set. Store in an airtight container in the refrigerator for up to 7 days.



<https://www.fitnessmagazine.com/recipes/snacks/three-ingredient-chocolate-bark-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:

LIVE FOR THE MOMENTS YOU CAN'T
PUT INTO WORDS
- AUTHOR UNKNOWN

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