

**QUOTE OF
THE
WEEK:**

“You treat
the disease,
you win,
you lose.
You treat
the person,
I guarantee
you’ll win,
no matter
the
outcome.

-Patch Adams,
MD

Avocado Cilantro Chicken Salad

Ingredients:

- 1 lb chicken, cooked and diced
- 2 avocados, pitted
- 1 bundle cilantro, stems removed
- 3-4 long carrots, shredded
- 1 cucumber, diced
- 3-4 stems celery, diced
- 1 handful sliced almonds
- Juice of 1 lemon
- Juice of 1/2 a lime
- 1/8 tsp garlic powder
- Salt & pepper to taste

Directions:

1. Cook the chicken in whatever manner suits your taste.
2. In a food processor, blend the avocados, cilantro, lemon, lime, garlic powder, salt and pepper. Mix thoroughly until the avocado becomes a paste. This will take about 1-2 minutes.
3. Place avocado cream sauce in a large bowl. Add the chicken. Then, add the shredded carrots, diced celery, diced cucumber and almonds.
4. Enjoy!



Black Dog Salvage



You may have seen it on TV, but have you been there in person? Black Dog Salvage is a good place to visit on a rainy day. And, since we're having a lot of those lately.... You might keep this idea in mind.

This architectural salvage warehouse has so many cool treasures to explore. Take a trip down there and you'll discover something you can't live without! They're now open on Sundays!

<http://www.blackdogsalvage.com/>

Wellness Activities 2017– 2018

Thank you for your feedback on the Wellness Survey!!! Your thoughts and suggestions are incredibly important.

The Wellness Advocacy Committee, is excited to announce we will be scheduling a variety of activities for next year.

A few include:

- * Mindfulness Breakfasts (the 1st Monday of each month)
- * Free Yoga Sessions with Dr. Bowersock (twice a month)
- * Bi-Monthly Medical Movies in the Commons (the last Friday)
 - * Open Mic Night at the 3rd Street Coffee House
 - * The Return of Puppies & Pizza
 - * The Return of Tea & Jazz Fridays in February
 - * The Return of Mindfulness with Lori Seidel
- * The Return of Self-Defense for Students Who Identify as Female

There's more...

so check out future editions of the Wellness Weekly!

Wellness Weekly Challenge

Start the morning off right. Early to Rise website editor Craig Ballantyne, who also holds a MA in Exercise Physiology from McMaster University, suggests 5 things to avoid each morning. He claims, staying away from these actions will foster a better day overall. So, consider the following:

- ◆ Don't hit the snooze button
- ◆ Never write your to-do list in the morning - write your list in the evening
- ◆ Never check your email when you first wake up
- ◆ Never mindlessly surf the internet - it's a time-sink
- ◆ Don't eat or drink food that makes you feel unwell

Get the rest of the story at: <https://www.earlytorise.com/never-do-in-the-morning/>

Coconut Blackberry Bars

Ingredients:

- 1 cup almond flour
- 1/2 cup shredded unsweetened coconut
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 1/4 cup raw honey
- 2 ripe bananas
- 2 eggs
- 2 Tbsp melted coconut oil
- 1 tsp pure vanilla extract
- 3/4 cup almond or coconut milk
- 1 cup blackberries, fresh or thawed

Directions:

1. Preheat the oven to 350. Prepare 8x8 baking pan with coconut spray and set aside.
2. Using a large bowl, mix together the flour, shredded coconut, cinnamon, baking powder and soda, and salt.
3. Add your sweetener to this mixture and blend.
4. Add in the bananas, eggs, oil, vanilla, and 1/4 cup of almond milk.
5. Mix until all the ingredients are moist. Be sure the batter has the consistency of cookie batter so add the necessary amount of almond milk to achieve this consistency.
6. Gently fold in the blackberries, being careful not to tear them up too much. Spoon the batter into the greased pan.
7. Bake for approximately 40 minutes or until the batter is golden brown at the sides. Remove from oven & cool.

