Self-Defense & Safety Training

Officer Marshall Hamilton and Emily Holt will be co-presenting self-defense and personal safety training. Officer Hamilton is a former VT Officer and current Carilion Officer and is certified in self-defense training.

Session 1 on January 25th is designed for students who identify as female. The session will focus on personal safety and techniques a female can employ to try to escape someone. The lessons will include kicks, strikes, and escape maneuvers.

Session 2 on January 26th is designed for students who identify as male. This session will focus on how to safely engage in a situation that is harmful to another person without putting yourself at undue risk.

Understanding how to protect yourself can not only be life-saving, but it can also help when working with a patient who is having an unexpected reaction to a medication or an emotional/physical response to a personal circumstance.

Attendance is limited to the first 35 students who RSVP Emily Holt. If demand is high, then we will hold additional sessions in the future so that all who are interested can participate.

In February, we will offer the sessions to staff members as well. Dates for the staff sessions have not yet been set. Watch the Wellness Weekly, contact Emily and/or talk with your Wellness Advocacy Committee member for additional details. If you have questions or concerns, please email Emily Holt at EmHolt@carilionclinic.org
IMAX in Blacksburg

Take a quick drive to Blacksburg and you’ll be happy you did. I-81 can be a pain, but the CineBowl & Grille has lots of reasons to take the trip south. There’s the IMAX theatre, bowling, games and food waiting for you! Check it out!

http://blacksburg.cinebowlandgrille.com/

Exercise What You’re Learning

Training comes with injury risk. Avoid injury by consulting a trainer regarding form & weight.

Images from: drsunderman.com, newhealthadvisor.com, leanitup.com, frecandelegance.com
Wellness Weekly Challenge

Stop. Assess. Adjust. It is easy to want to improve our time management, but sometimes we don’t activate the implementation piece well. So, stop and assess your time. Are you spending it wisely? Then, write down 3 things you’ll do in January to increase your success.

1. 
2. 
3. 

Night at Home - Crockpot Chicken Pot Pie

Ingredients:
- 1 lb boneless, chicken thighs
- Kosher salt and fresh ground pepper
- 1 lb red potatoes, diced
- 1 onion, diced
- 2 carrots, peeled and diced
- 2 stalks of celery, diced
- 2 bay leaves
- 1 cup corn kernels (frozen/canned or roasted)
- 1 cup frozen peas
- 1 16 oz can of buttermilk biscuits
- 2 Tbsp chopped fresh parsley

Directions:
1. Sauce: Melt butter in a large saucepan. Add garlic and cook, stirring frequently, until fragrant, about 1 minute. Whisk in flour until lightly browned, about 1-2 minutes.
2. Gradually whisk in the chicken stock, thyme, basil, oregano and paprika. Cook, whisking constantly, until the sauce has begun to thicken, about 5 minutes; season with salt and pepper to taste.
3. Lightly coat the inside of a 6 quart slow cooker with nonstick spray.
4. Season chicken thighs with salt and pepper; to taste and place into a slow cooker. Add potatoes, onion, carrots, and celery. Stir in chicken stock mixture and bay leaves. Cover and cook on low heat for 3-4 hours or high for 1-2 hours. Add corn and peas during the last 30 minutes of cooking time.
5. Remove chicken thighs from the slow cooker and shred the chicken before returning to the pot with the juices. Cover and keep warm for an additional 30 minutes.
6. Prepare biscuits according to package instructions. Serve chicken immediately topped with the biscuits and parsley.

For the Sauce:
- 3 Tbsp unsalted butter
- 3 cloves garlic, minced
- 1/2 cup all-purpose flour
- 2 cups chicken stock
- 1/2 tsp dried thyme
- 1/4 tsp dried basil
- 1/4 tsp dried oregano
- Pinch of paprika
- Salt & pepper

http://damndelicious.net/2015/09/19/slow-cooker-chicken-pot-pie/print/