VTCSOM WELLNESS ADVOCACY COMMITTEE

Wellness Weekly

Virginia Tech Carilion School of Medicine

VOLUME 2, ISSUE 23 DECEMBER 8, 2017

UPCOMING WELLNESS EVENTS:

COMING SOON!

VTC FITNESS CHALLENGE BEGINS JANUARY 2ND

IN JANUARY OPEN MIC NIGHT 3RD STREET COFFEE HOUSE

IN FEBRUARY THE RETURN OF TEA & JAZZ

Caprese Chicken Stuffed Peppers

Ingredients:

- 1 Tbsp cooking oil
- 1 lb boneless chicken breasts
- 1 tsp Italian seasoning
- Kosher salt
- Freshly ground black pepper
- 2 cups cherry tomatoes, halved
- 2 1/2 cups shredded mozzarella, divided
- 3/4 cup ricotta
- 1/3 shredded fresh basil
- 2 cloves garlic, minced
- 4 bell peppers, halved
- 1/2 cup low-sodium chicken broth
- Balsamic glaze for drizzling

Directions:

1. Preheat the oven to 350. In a large skillet over medium heat, heat the oil. Add chicken and season with Italian seasoning, salt, and pepper. Cook until chicken is golden and no longer pink (8 minutes per side). Transfer to a cutting board and let rest 5 minutes, then dice.
2. In a large bowl, stir together cherry tomatoes, cooked chicken, 1 1/2 cups mozzarella, ricotta, basil, and garlic and season with salt and pepper.
3. Stuff tomato mixture into peppers and sprinkle tops with remaining 1 cup mozzarella. Pour chicken broth into baking dish (to help the peppers steam) and cover with foil.
4. Bake until peppers are tender and cheese is melted, 40-45 minutes.
5. Garnish with more basil, drizzle with balsamic glaze, and serve.

http://www.delish.com/cooking/recipe-ideas/recipes/a52618/caprese-chicken-stuffed-peppers-recipe/

Therapy Dog Prep

Have a dog?

Want to get therapy dog training started?

Check out

Course #22399 at the Green Ridge Recreation Center

Classes run: February 22—March 22

Thursday Nights

6:30-7:30 PM

$120.00 enrollment fee

For more information go to:
www.roanokecountyparks.com

2017 Jingle Bell Run

The Arthritis Foundation hosts an annual Jingle Bell Run and Roanoke runs a supporting event.

This year's race is:

Saturday, December 9th

Patrick Henry Hotel

5K Race

(Holiday costumes welcome)

For more information contact:
Christian O'Hara at
cohara@arthritis.org or 804-665-9953

Wellness Weekly Challenge

Form a Team for the VTC 2018 Fitness Challenge!!

All Students, Faculty, Staff, Residents, Fellows, Attendings are all eligible to join a team!

Teams must include 4 people

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!

Dark Chocolate Peanut Butter Banana Bites

Ingredients:

- 2 medium ripe bananas
- 1/4 cup creamy nut butter (of choice)
- 3/4 cup baking chocolate
- 1 1/2 Tbsp coconut oil

Directions:

1. Cover a baking sheet with parchment paper. Slice each banana into thin slices and arrange half the pieces on the baking sheet.
2. Spread peanut butter onto each banana slice, then cover each slice with another slice. Place in the freezer for 30 minutes (or until frozen).
3. Place the coconut oil in a microwave-safe bowl and microwave until melted. Stir in the chocolate, and continue to microwave until smooth. Use a fork or spoon to cover each banana bite with chocolate, then place back on the sheet. Freeze for 1 hour and enjoy.
4. Store in the freezer and thaw for a few minutes before eating.

http://smilesandwich.com/2014/04/02/dark-chocolate-peanut-butter-banana-bites/

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:

It always seems impossible until it's done.
- Nelson Mandela

To Send a "Weekly Shout Out" Message,
Email Emily Holt at emholt@carilionclinic.org

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