5 minute Vegetarian Burrito Bowl

Ingredients:
- 1 cup cooked brown rice
- 1/2 cup black beans
- 2-3 Tbsp salsa
- 1 Tbsp plain Greek yogurt
- 1 Tbsp shredded cheddar
- Diced Avocado, optional

Directions:
1. Prepare brown rice according to package instructions.
2. In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheddar cheese. Microwave on high for 30-60 seconds, or until heated through.
3. Top with diced avocado, diced tomato, guacamole, or pico de gallo.

http://www.healthy-liv.com/5-minute-vegetarian-burrito-bowl/
**Polymer Clay Jewelry**

Learn to make your own polymer clay bead jewelry.

**Thursday, February 5, 2018**

6:00—8:00 PM

Green Ridge Course # 22436

$35.00 registration fee

All supplies are provided.

Learn more at:

www.roanokecountyparks.com

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**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

Keep Your Resume/CV/Digital Measures Profile Updated

Life Happens!
Keeping up with your Official Record of Committees, Conferences, Presentations, Articles……… Can Be Challenging!

Put a bi-weekly reminder on your calendar that encourages you to update your professional profile.

You’ll thank yourself the next time you need to apply for a new position or prepare for your annual review.

No Bake Peanut Butter Chocolate Bars

Ingredients:

- 2 cups old fashioned rolled oats
- 1/2 cup ground flax seed
- 1/3 cup shredded unsweetened coconut flakes
- 1/2 cup chopped pecans
- 3/4 cup peanut butter
- 1/2 cup maple syrup
- 1/2 cup chopped dark chocolate
- 1 1/2 Tbsp chia seeds
- 1/2 tsp ground cinnamon
- 1/4 tsp salt

Directions:

1. In a large bowl add oats, ground flax seed, unsweetened coconut, chia seeds, salt, and ground cinnamon.

2. Bring a small saucepan to medium heat, add peanut butter, and maple syrup, melt peanut butter and continue to stir until smooth.

3. Pour peanut butter mixture over oats, stir to combine. Let cool for 2-3 minutes.

4. Add in dark chocolate chunks, stir together.

5. Place oat mixture in an 8X8 pan, press the mixture down until flat.

6. Cover and place in the refrigerator for 30 minutes.

https://www.joyfulhealthyeats.com/no-bake-peanut-butter-chocolate-bars/
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:

If you have a garden and a library,
you have everything you need.
- Marcus Tullius Cicero

To send a “Weekly Shout Out” message,
email Emily Holt at Emholt@carilionclinic.org