Blueberry Lemon Breakfast Quinoa

Ingredients:

- 1 cup quinoa
- 2 cups nonfat milk
- 1 pinch of salt
- 3 Tbsp maple syrup
- 1/2 lemon, zested
- 1 cup blueberries
- 2 tsp flax seed

Directions:

1. Rinse quinoa in a fine strainer with cold water to remove bitterness. Rinse until water runs clear and is no longer frothy.

2. Heat milk in a saucepan over medium heat until warm, 2-3 minutes. Stir quinoa and salt into the milk; simmer over medium-low heat until much of the liquid has been absorbed, about 20 minutes. Remove saucepan from heat. Stir maple syrup and lemon zest into the quinoa mixture. Gently fold blueberries into the mixture.

3. Divide quinoa mixture between 2 bowls; top with 1 tsp flax seed to serve.

4. Serve.
Open Mic Night—Coming Soon!

Save the Date!
3rd Street Coffee House
March 23rd, 7:00 PM
Show off your musical talents and then....
Awaiz Khan, Class of 2020
will take the stage!!
Email Awaiz if you would like to be
one of the opening acts (limited spots).

The Theatre....

Mill Mountain Theatre Presents:

February 22—March 11

Constellations is a drama by Nick Payne. “Science and romance collide in this sophisticated love story. Constellations is a spellbinding journey about a simple encounter between a man and a woman that quickly defies the usual boundaries of a relationship, and ends by asking audiences to ponder the difference between choice and destiny.”

Tickets: $15.00
http://millmountain.org/production/constellations/

The production has mature language and is intended for mature audiences.
Mindfulness

Building a Mindful Community
at Carilion Clinic

Beginning March 13, 2018
Join us for weekly drop-in sessions
Staff, Faculty, Residents, and Students Welcome

Tuesdays, 11:15 to 11:45 am
1-West Conference Room B—CRMH
and
Tuesdays, 12:15 to 12:45 pm
Psychiatry Conference Room —Rehab Building,
across from Rehab Auditorium entrance hallway

No prior experience required. What do we do? Guided mindfulness practices. This is time just for you: pause, practice, improve your health and wellbeing, then apply mindful awareness to your daily life. Questions?
lwseidel@carilionclinic.org

Sponsored by the Department of Psychiatry & Behavioral Medicine
THE VTC 2018 
FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!

POINTS UPDATE……

TEAM STANDINGS AS OF 2/16/18

1. Hustlin Hokies (but #GoHeels) 392 points
2. Globo Gym 383.5 points
3. Bones & Babies 345 points
4. Swole Girls 328.5 points
5. GunningNoRunning 328 points
6. Spongebob Sweatpants 298 points
7. Get Yolked 297.5 points
8. The New Years Resolutioners 250 points
9. Mission Slimpossible 223 points
10. Pumped Up Chicks 213.5 Points
11. (Chick)en Tikkis 188 points
12. #SquatGoals 165 points
13. Thick & Thin 158 points
14. Mighty Morphine Power Rangers 155 points
15. Team Quan 110 points
16. Jak’d-STAT 107.5 points
17. Got the Runs 99 points
18. Team of One 74.5 points

4 Weeks to go!!! Don’t Give Up!!!!

Remember: 20 points per person per week.
The week is Sunday—Saturday,
so be strategic on the weekends.
It’s not too late to enter your points from past weeks.
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:

“I wanted a perfect ending. Now I’ve learned, the hard way, that some poems don’t rhyme, and some stories don’t have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what’s going to happen next. Delicious ambiguity.”
- Gilda Radner

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

If you would like to contribute to or comment about the wellness weekly, please email Emily Holt, Office of Student Affairs VTCSOM.