Grilled Spiced Chicken Skewers with Cucumber Salad

Ingredients:
- 1 1/2 lb chicken tenders
- 2 Tbsp canola oil
- 2 tsp curry powder
- 2 tsp smoked paprika
- 1/2 tsp cayenne pepper
- Kosher salt and black pepper
- 2 pieces naan
- 1 sliced English cucumber
- 2 sliced scallions
- 1/2 cup chopped fresh mint
- 1 Tbsp olive oil
- 1 Tbsp fresh lime juice
- 1 Chopped garlic clove
- Plain Greek yogurt and lime wedges, for serving

Directions:
1. Heat grill to medium-high. Cut chicken tenders into thirds. Toss with canola oil, curry powder, smoked paprika, cayenne pepper, and kosher salt and black pepper. Thread onto metal skewers. Grill, turning occasionally, until charred and cooked through, 8-10 minutes. Grill 2 pieces of naan until warm and toasted, 1-2 minutes.

2. Meanwhile, toss together cucumber, scallions, mint, olive oil, fresh lime juice, and garlic. Season with kosher salt and black pepper. Serve with plain Greek yogurt and lime wedges alongside.

Link to original recipe
30 minute Strength Training Session

Here’s an opportunity to squeeze a quick fitness session into your day!!

Join Dr. Allison Bowersock, PhD, CSCS, ACSM-EIM Level I for
30 minutes of Strength Training

Monday, March 12th
NOON
Student Gym

Faculty, Staff & Students Welcome!
***Wear tennis shoes and comfortable clothes because you will be exercising.

Self-Defense Training

This course is taught by Officer Marshall Hamilton and Emily Holt. It is designed to help individuals who identify as female protect and defend against unwanted physical advances. Participants will learn general safety tips as well as defense techniques including kicks and strikes during the session.

April 12, 2018
4:30 PM
Student Commons

If you are interested in participating, please email Emily Holt at EmHolt@carilionclinic.org

Every individual (faculty, student, physician, staff) who identifies as female is welcome to contact Emily to participate. It is also ok to sign up even if you’ve had this class previously but would like a refresher course.

Note for the class:
Athletic clothing and tennis shoes need to be worn. Please do not wear jewelry. If you have long hair, please wear it pulled back. If you are interested and have a physical limitation, please contact Emily Holt for advice on participation.
Wellness Weekly Challenge

Take a Cooking Class!
Options include:
Irish Baking, Indian Teatime, Indian Cooking, and sourdough bread making
Classes are at night and on the weekends.
For more info and/or to register for classes
Courses are held at the Brambleton Center—a short drive from VTC

Open Mic Night

Show off your musical talents and then....

Awaiz Khan, Class of 2020 will take the stage!!
March 23rd
7:00 PM
3rd Street Coffee House
Email Awaiz if you would like to be one of the opening acts (limited spots).
**THE VTC 2018 FITNESS CHALLENGE!!**

**THE CHALLENGE HAS BEGUN!**

**POINTS UPDATE……**

**TEAM STANDINGS AS OF 3/9/18**

1. Globo Gym 570.5 points  
2. Bones & Babies 524 points  
3. Hustlin Hokies (but #GoHeels) 505.5 points  
4. GunningNoRunning 484 points  
5. Swole Girls 434.5 points  
6. Spongebob Sweatpants 375 points  
7. Get Yolked 325 points  
8. Pumped Up Chicks 319.5 points  
9. The New Years Resolutioners 311.5 points  
10. Mighty Morphine Power Rangers 267 points  
11. Mission Slimpossible 241 points  
12. Thick & Thin 217 points  
13. #SquatGoals 205 points  
14. (Chick)en Tikkis 199 points  
15. Got the Runs 180 points  
16. Jak’d-STAT 155 points  
17. Team Quan 153.5 points  
18. Team of One 74.5 points

**1 Week to go!!! Don’t Give Up!!!!**

**Remember: 20 points per person per week.**

The week is Sunday—Saturday,  
so be strategic on the weekends.  

**POINTS MUST BE IN BY NOON** on March 16th!
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:**

“We must be willing to get rid of the life we’ve planned, so as to have the life that is waiting for us.”

- Joseph Campbell

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.