Quinoa Salad

Ingredients:

- 12 cups water
- 1 1/2 cups quinoa, rinsed
- 5 pickling cucumbers, peeled, and cut into 1/4 inch cubes
- 1 sm red onion, cut into 1/4 inch cubes
- 1 lg tomato, diced
- 2 bunches mint leaves
- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1 lemon, juiced
- 1 1/2 tsp salt
- 3/4 tsp freshly ground black pepper
- 4 heads endive, trimmed & separated
- 1 avocado, diced

Directions:

1. Bring water to a boil in a large saucepan.
2. Add the quinoa, stir once, and return to a boil.
3. Cook uncovered, over medium heat for 12 minutes. Strain and rise well with cold water, shaking the sieve well to remove all moisture.
4. When dry, transfer the quinoa to a large bowl. Add the cucumbers, onion, tomato, parsley, mint, olive oil, vinegar, lemon juice, salt, and pepper and toss well.
5. Spoon onto endive spears, top with avocado, and serve.

https://www.foodnetwork.com/recipes/quinoa-salad-recipe0-1946649
Wellness Weekly Challenge

It’s never too late to start a good habit.
Come try mindfulness on
May 7th
with Laurie Seidel
Two sessions leaving plenty of time to still grab a
bite to eat for lunch.
12:15-12:25
12:35-12:45
Open to ALL VTC faculty, Staff & Students!

Fur Babies Friday! —TODAY!!

There are definitely lots of members of the VTC community
who love dogs! Give your fur baby the chance to meet
other VTC pets.

Bring your puppy/dog(s)
to meet new friends !!
Weather permitting, we will all meet
for a puppy playdate on the
Rivers Edge fields
(near tennis courts) on
April 27th at 5:00 PM!
END OF SEMESTER EXTRAVAGANZA
TAKE A BREAK

THURSDAY MAY 3, 1-5pm
VIRGINIA TECH CARILION RIVERSIDE II ATRIUM

Come de-stress with fun activities, therapy dogs, free chair massages, mindfulness stations and healthy snacks!
All VTC students and employees are invited!
Take a Break & Stretch!

The website advises: stretch gently using controlled movements. If you experience pain, discontinue exercise & consult your physician.

Supporting Mental Wellness in the Community

ROANOKE LANGUAGE ACCESS CONFERENCE
BUILDING BRIDGES ACROSS CULTURES

Friday, May 4, 2018  Salem Civic Center, City of Salem Virginia

Join us for our 3rd Annual Conference designed for providers and front-line workers who deal with refugees and limited English populations in the context of mental health.

The program will include many breakout sessions and presentations including:
• Keynote Speaker -- Seyoum Berhe, Virginia State Refugee Coordinator
• Plenary Speaker -- Dr. Rebecca J. Hester, Assistant Professor at Virginia Tech

SPONSORED BY

Faculty and students can attend for free using the promotional code, MHIRVFREE
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
AYE Sharma - 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:

“Greet the future with anticipation. Dream big and work hard. Remember your roots, manners, and the way home”.
- Author Unknown

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.