Honey Grilled Watermelon Caprese Salad

**Ingredients:**
- 2 large watermelon slices, cut into triangles
- 2 Tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 Tbsp honey
- 1 pint of grape tomatoes, quartered
- 4 oz fresh mozzarella, cut in half or sliced
- A bunch of fresh basil leaves
- Balsamic glaze for drizzling

**Directions:**
1. Preheat the grill to medium heat.
2. Brush both sides of each watermelon triangle with olive oil and season all sides with salt and pepper.
3. Add a drizzle of honey over each triangle and place them on the grill. Grill each side for about 2 minutes.
4. Remove and add a little more honey if desired.
5. Assemble salads by placing 2 watermelon triangles on each plate. Then, cover with a sprinkle of tomatoes, mozzarella, and basil leaves. Add some salt and pepper to the top, and drizzle with balsamic glaze.

Wellness Weekly Challenge

WALKING WEDNESDAYS....

Sometimes starting a new habit is challenging. The best of intentions are there, but something gets in the way.... For example, 3 weeks straight of rain.

Achieve unfulfilled goals slowly & methodically. Try adding just 1 thing, that supports your goal, to your daily/weekly schedule.

If more fitness in your day is one of your goals, one option is walking Wednesdays. Email your friends at work and ask if they are interested in strolling around the Riverside Complex with you over lunch on Wednesdays. If they aren’t, ear buds & your phone will definitely entertain you.

Thunder Valley

With the weather so unpredictable lately, it’s important to have a variety of indoor/outdoor spots to go. So, consider heading to Thunder Valley. A short distance away on Apperson Drive in Salem, this local spot has several outdoor activities (batting cages, go karts, and mini golf), as well as indoor options including: go karts, arcade games, and laser tag.

Find out more on their Facebook page or website.

http://thundervalley.net/
Roanoke Favorites!

When new students arrive in Roanoke, there are naturally lots of good questions about where to find various places/services.

Please take a moment to complete the survey below.... our own VTC Best of Roanoke survey. The results will be written up and shared with the Class of 2022 as well as posted among the resources on the VTC Wellness website.

It is only 10 questions in length.

https://www.surveymonkey.com/r/MWF7QPM

Roanoke Disc Golf Courses

It doesn’t cost anything (if you have the discs) to head to Fishburn Park or Highland Park to play disc golf. And, if you’re in the mood for a short drive before you golf a couple rounds, head to Greenfield course in Botetouurt or the Franklin County recreation park. Used discs can always be found at Play Again Sports on Electric Boulevard in Roanoke.

Find out more at:
www.visitroanokeva.com/things-to-do/sports/disc-golf/
Please feel welcome to submit articles or ideas to any member of the Wellness Advocacy Committee.

Lindsay Maguire - Class of 2019
Jeff Henry - Class of 2020
Ayesha Kar - Class of 2021
TBD - Class of 2022
Dr. Ally Bowersock, PhD, CSCS, ACSM, EIM - Level 1
Dr. Jennifer Slusher, PhD, LPC
Emily Holt, Committee Chair

Quote of the Week:

“Some of the best memories are made in flip flops.”
- Kellie Elmore

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.