Strawberry-Chocolate Greek Yogurt Bark

**Ingredients:**

- 3 cups plain Greek yogurt
- 1/4 cup pure maple syrup or honey
- 1 1/2 cups sliced strawberries
- 1/4 cup mini chocolate chips
- 1 tsp vanilla extract

**Directions:**

1. Line a rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10x15 rectangle. Scatter the strawberries on top and sprinkle with chocolate chips.
3. Freeze until very firm, at least 3 hours.
4. To serve, cut or break into 32 pieces. Let stand at room temperature for 15 minutes before serving.
5. Will store up to 1 month.

http://www.eatingwell.com/recipe/259080/strawberry-chocolate-greek-yogurt-bark/
Wellness Weekly Challenge

SHARE YOUR WELLNESS SUGGESTIONS!

THE WELLNESS WEEKLY WILL BE GOING ON A 2 WEEK BREAK.

THE NEXT VOLUME BEGINS FRIDAY, JULY 6TH.

IF YOU HAVE AN IDEA FOR A WELLNESS ARTICLE, PLEASE DON’T HESITATE TO BE IN TOUCH WITH ANY MEMBER OF THE WELLNESS ADVOCACY COMMITTEE!

Floyd Artisan Market

TONIGHT!

(and every Friday until the end of October)

5:00 PM—9:00 PM
Downtown Floyd Community Pavilion

It’s FREE!

Take a beautiful drive out to Floyd, grab a bite to eat at one of the wonderful downtown restaurants & wander through the crafts.

Learn more at: floydartisanmarket.wordpress.com and on Facebook
Drive-in Movies!

Summer is a great time to head to the drive-in!

Now Playing at Hull’s
Show Dogs & Life of the Party

2367 N Lee Highway
Lexington, VA

Gates open at 6:30 PM
Movies start 20 minutes after sunset (rain or shine)
$7.00 per adult ($3.00 children 5-11)

Sunday Boulders & Brunch

Sunday, June 17, 2018
(and every Sunday)
10:00-12:00
The River Rock, 806 Wasena Ave.

Climb with your friends from 10:00 to Noon and then head next door for some brunch with your fellow climbers. Just $10 for the pass and rental gear.

Check out their website for more info:
https://riverrockclimbing.com/events/specials/
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:

“TURN YOUR WOUNDS INTO WISDOM.”
- OPRAH WINfrey

TO SEND A “WEEKLY SHOUT OUT” MESSAGE,
EMAIL EMILY HOLT AT EMHOLT@CARILLONCLINIC.ORG

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,
PLEASE EMAIL EMILY HOLT, OFFICE OF STUDENT AFFAIRS VTCSOM.