Insalata Caprese Chicken

Ingredients:
- 1 (3 oz) cooked skinless, boneless chicken breast (half)
- 4 cherry tomatoes, quartered
- 1/2 oz chopped fresh mozzarella cheese; or tiny fresh mozzarella cheese balls
- 2 Tbsp small fresh basil leaves
- 1 tsp white balsamic vinegar (optional)

Directions:
1. Cook the chicken breast in preferred style.
2. Top with the tomato, mozzarella, basil (sliced or torn).
3. Drizzle with balsamic vinegar.
4. Enjoy!

Note:
This recipe is a great easy lunch option (food prep the chicken over the weekend). Then, pack the various ingredients for lunch on the go.

http://www.eatingwell.com/recipe/267493/insalata-caprese-chicken/
Wellness Weekly Challenge

Head Out to the Pumpkin Patch

Fall is finally here!
When the sun comes out.... Head to one of the many local pumpkin patch options.

One spot nearby is Sinkland Farms.
Celebrating their 27th Annual Pumpkin Festival, Sinkland Farms is a short drive away in Christiansburg.

Friday: 4PM-8PM
Saturday: 10AM-5PM
Sunday: NOON-5PM

Live music, food, corn maze, arts & crafts, hay rides to the pumpkin patch.... And lots more!

On-Going VTC Wellness Activities

Pop Pilates
October 30th 5:00
School of Medicine
Student Commons
M210

Tai Chi
October 23rd 5:00
School of Medicine
Student Commons
M210

Walking Wednesdays
Every Wednesday at noon—group meets at the base of the Riverside 2 steps.

Mindfulness
October 29th, November 12th, and December 3rd
12:15-12:30 in M206
with Laurie Seidel
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

ROBYN GOODRICH - CLASS OF 2022

DR. JENNIFER SLUSHER, PhD, LPC

DR. ALLISON BOWERSOCK, PhD, CSCS, ACSM-EIM

LAURIE SEIDEL, MSN, RN

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

“Life has many ways of testing a person’s will. Either by having nothing happen at all, or by having everything happen all at once.”

- Paulo Coelho

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY, PLEASE EMAIL EMILY HOLT FOERST, OFFICE OF STUDENT AFFAIRS VTCSOM. TO SEND A “WEEKLY SHOUT OUT” MESSAGE, EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU