UPCOMING EVENTS:

OCTOBER 29TH
MINDFULNESS
12:15-12:30
M206

OCTOBER 30TH
POP PILATES
5:00 PM
M210

NOVEMBER 5TH
ART THERAPY NIGHT
5:30-7:30 PM
VTC CAFÉ

NOVEMBER 8TH
HELPING FRIENDS IN DISTRESS
12:15 PM
M206

NOVEMBER 12TH
MINDFULNESS
12:15-12:30
M206

NOVEMBER 13TH
POP PILATES
12:15 PM
RIVERSIDE 1
ROOM 205B

NOVEMBER 30TH
POP PILATES
5:00 PM
M210

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Chicken Broccoli & Sweet Potato Sheet Pan Dinner

**Ingredients:**
- 20 oz sweet potatoes diced & cubed
- 4 Tbsp cooking oil, divided
- 1 1/2 lbs boneless chicken breast
- 4 cups broccoli florets
- 1/2 medium red onion, diced in chunks
- 1/2 cup pecans, chopped
- 1/3 cup dried cranberries
- 3 cloves garlic, minced
- 3/4 tsp dried thyme
- 3/4 tsp sage
- 3/4 tsp parsley
- 3/4 tsp rosemary
- 1/8 tsp nutmeg
- Salt & pepper to taste

**Directions:**
1. Preheat oven to 400 degrees.
2. Place sweet potatoes in a mound on a rimmed 18 x 13 baking sheet, pour 1 Tbsp cooking oil over top & coat potatoes evenly. Spread into an even layer on pan and roast in preheated oven (15 mins).
3. Add chicken, broccoli, red onion to potatoes. Sprinkle with garlic, and the remaining cooking oil (special attention to the broccoli). Sprinkle with the thyme, sage, parsley, rosemary, nutmeg, salt & pepper. Toss to evenly coat.
4. Cook for 16-20 minutes longer (chicken should reach 165 degrees in center).
5. Remove from oven, toss in pecans & cranberries. Serve immediately.

*Leftovers for lunch!*

Wellness Weekly Challenge

Come Out to Art Therapy Night!!

Back by Popular Demand!
Paint Night with Ayesha Kar

November 5th
5:30 - 7:30 PM
VTC Café

All Students and Employees Welcome
FREE, no experience required, supplies provided.

RSVP Required…. Space Limited!

On-Going VTC Wellness Activities

Pop Pilates
November 13th
12:15 PM
TBMH 204
November 27th
5:00 PM
Student Commons

Wellness Google Group
Need Wellness Event Reminders!?
Join:
vtcsom-wellness-g@vt.edu

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

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

Take a break out of your busy day and enjoy a bit of chocolate too.

October 29th
12:15 - 12:30
M206

Laurie Seidel will lead a mindfulness exercise with a piece of chocolate (provided at session).

Open to all VTC faculty, staff and students

If you’re not a fan of chocolate, but would like to join the session, an alternate treat will be offered (or you’re welcome to bring your favorite goodie to substitute).
Spooky Pop Pilates

Fitting in fitness can be tricky; but Pilates is a real treat!

October 30th

5:00 PM

Student Commons

Lyndsey Ivan leads the Pilates session set to pop music.

This week is Halloween themed.

Open to all VTC faculty, staff and students
Fitness Challenge Returning Soon....

Start Getting Your Team Ready!!!

January 1st

the Fitness Challenge will be kicking off!

Just like last year,

the Fitness Challenge will end with Match Day, March 15th!

Details so Far:

- Teams can include: faculty, staff and/or students (any combination).
- Teams will be limited to no more than 4 people.
- Each team needs to choose a team name & a team captain.
- WAC will be tinkering with the points system a bit (more to come on that topic in December).
  - But one new feature: points will be due by NOON on Friday each week, no points submitted after the Friday NOON deadline can be included in the official tally.
  - This year, Elvir Berbic will be helping collect and tally points.
- Participants will receive a FREE T-shirt (design currently under construction).
- The team with the most accumulated points at the end of the Fitness Challenge will receive a sweatshirt (and the opportunity to help in the design of the sweatshirt).
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:

“Sometimes when you’re in a dark place you think you’ve been buried; but actually you’ve been planted.”
- Author Unknown

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