UPCOMING EVENTS:

THE EVENTS SCHEDULE FOR THE 2018-2019 ACADEMIC YEAR IS UNDER CONSTRUCTION.

SUGGESTIONS WELCOME! EMAIL ANY WAC MEMBER WITH IDEAS.

Garlicky Lemon Mahi Mahi

Ingredients:

- Cooking oil
- 4 4oz Mahi Mahi fillets
- Ground pepper & kosher salt
- 3 cloves garlic, minced
- Zest & juice of 1 lemon
- 1 Tbsp chopped parsley

Directions:

1. In a large skillet over medium heat, heat cooking oil. Add Mahi Mahi and season with salt and pepper. Cook until golden, 3 minutes per side. Transfer to a plate.

2. To skillet, add oil if needed. Sauté garlic and cool until fragrant, 1 minute, then stir in lemon zest, lemon juice, and parsley. Return Mahi Mahi fillets to the skillet and spoon over sauce.

3. Garnish with more parsley & enjoy.

Get Outside!
1 hour from Roanoke, VA is New River’s Edge located in Pembroke, VA. At New River’s Edge you’ll find lots of options including: tubing, kayaking, and canoeing. Daily rental (10:00-4:00) costs $15 per person. The class one rapids of the New River offer a 20 minute float with shuttle services back to the start included in the equipment rental. The website encourages those who are interested to wear proper water shoes. Reservations and cash payment are required. If you would like to learn more, give them a call at 540-599-8382 or check them out on Facebook, the web, or Twitter.

Carilion Clinic Mindfulness Community
If you have been curious about mindfulness, but haven’t yet had the opportunity to see if it is beneficial to your personal and professional wellness; try to fit in a session. Laurie Seidel leads sessions every Tuesday from 11:15-11:45 AM in 1 - West Conference Room B at CRMH and Tuesdays from 12:15-12:45 PM in the Psychiatry Conference room of the Rehab Building (across from the Rehab Auditorium entrance). No prior experience is required. For more information, email Laurie Seidel: LWSeidel@carilionclinic.org

Have you been to Carvins Cove yet!?
If you haven’t yet checked out Carvin’s Cove, you should put it on your list of places to see in the Roanoke area. This natural reserve is the 2nd largest municipal park in the US. Visitors can rent boats, go hiking, biking, fishing, or just enjoy a day taking pictures of this beautiful place. There are more than 60 miles of trails to explore.

Check it out!!
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. Jennifer Slusher, PhD, LPC
Emily M. Holt Foerst, Committee Chair

Quote of the Week:

“Do what makes you happy. Be with those who make you smile. Laugh as much as you breathe & love as long as you live.”
- Author Unknown

To send a “Weekly Shout Out” message, email Emily at Emily_10@vt.edu

If you would like to contribute to or comment about the wellness weekly, please email Emily Holt Foerst, Office of Student Affairs VTCSOM.