UPCOMING EVENTS:

DECEMBER 6TH
WINTER EXTRAVAGANZA
1:00-5:00
VTC ATRIUM

PUPPIES & PIZZA
5:00-7:00 PM
VTC CAFÉ

JANUARY 1ST
FITNESS CHALLENGE BEGINS!

THE WELLNESS WEEKLY WILL BE ON WINTER VACATION DECEMBER 21ST & 28TH.

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Wellness Weekly

Greek Zucchini Salad

Ingredients:

- 4-5 cups diced zucchini
- 4 oz crumbled feta cheese
- 1 15 oz can chickpeas (drained & rinsed)
- 1/3 cup chopped Kalamata olives
- 1/4 cup chopped shallot or red onion
- 1/2 cup chopped parsley
- 2 Tbsp fresh lemon juice
- 1/4 cup extra virgin olive oil
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

1. Mix all the ingredients together.
2. Adjust seasoning as desired.
3. Enjoy!

Note:

It only takes 15 minutes to make this recipe.

https://www.fifteenspatulas.com/greek-zucchini-salad/
Wellness Weekly Challenge

Roanoke Rail Yard Dawgs

Come cheer for the home team!

The Rail Yard Dawgs are chugging away!

Tickets range in price ($10-$19).

Full Calendar of Games

On-Going VTC Wellness Activities

Pop Pilates

January 8th
12:15
January 22nd
5:00

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

January 28th
12:15
February 11th
12:15
Back by Popular Demand!

Puppies & Pizza!!!

Come out and enjoy a slice or two of pizza and spend some time with the Roanoke Therapy Dogs!

Thursday, December 6th

5:00 Pizza

5:30 Puppies

Therapets requested we refrain from bringing non-therapy certified dogs during Puppies & Pizza.
Hokie Wellness

Winter Extravaganza

Students and employees are invited to take a break with us.

Thursday, Dec. 6
Riverside II Atrium
1-5pm

Come de-stress with fun activities, Moose the Therapy Dog, free chair massages, healthy snacks, and Laughter Yoga.

Laughter Yoga will be held in M106
1:30-2pm and 4-4:30pm

VT | Virginia Tech Carilion  
VT | Hokie Wellness  
RGSA  
ME  Massage Env.
Fitness Challenge Sign-Up NOW!

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.
  ♦ Extra points will be awarded for attending certain WAC sponsored events (specifically: Mindfulness, Pop Pilates, and Walking Wednesdays).
♦ Participants will receive a FREE grey fitness challenge tank top (draft design below).
♦ 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).

Email Emily at Emily_10@vt.edu with your team info.

Include in your email:

- The 4 team member names
- Your team’s name
- Which member of your team is the captain
- Tank top shirt size for each team member

draft design
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:

“Good, better, best. Never let it rest.
‘Til your good is better and
your better is best.”
- 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