UPCOMING EVENTS:

JANUARY 1ST FITNESS CHALLENGE BEGINS… EMAIL EMILY YOUR TEAM INFO ASAP!

OPEN MIC NIGHT (AKA VTC TALENT SHOW) COMING IN EARLY MARCH…. START WORKING ON YOUR ACTS!

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

Maple Snow Cone

Ingredients:

- Snow (clean)
- Maple syrup (Vermont or other)

Directions:

1. Collect snow.
2. Place in bowl & top with maple syrup.
3. Enjoy!

https://www.foodnetwork.com/recipes/photos/5-ways-to-eat-fresh-snow
**Wellness Weekly Challenge**

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## Holiday Village

Head out to Explore Park for the holiday village:

**Activities include:**
- Village of lights
- Food & drink
- Mini golf
- Kids crafts
- Carriage rides
- Craft Market

December 14-16 and December 20-24
6:00 PM to 10:00 PM

[For more info click here!](#)

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## On-Going VTC Wellness Activities

### Pop Pilates

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

### Walking Wednesdays

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

### Wellness Google Group

**Need Wellness Event Reminders!**

Join:
vtcsom-wellness-g@vt.edu

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### Mindfulness

January 28th
12:15
February 11th
12:15
Puppy Pics

[Images of people and dogs in various settings]
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—SOM and/or Research Institute).
♦ 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:

“Winter is the time for study, you know, and the colder it is the more studious we are.”
- Henry David Thoreau

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