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.

Wellness Weekly

Easy Crust-less Spinach & Feta Pie

Ingredients:

- 10 oz frozen spinach, thawed & liquid squeezed out
- 1/2 cup scallions, chopped
- 2 Tbsp chopped fresh dill
- 2 Tbsp chopped fresh parsley
- 1/2 cup reduced fat feta crumbles
- 2 Tbsp grated Asiago cheese (or parmesan)
- 1/2 cup white whole wheat flour
- 1 tsp baking powder
- 2/3 cup fat free milk
- 1 tsp olive oil
- 2 large eggs, beaten
- 1/2 tsp kosher salt
- Fresh cracked pepper to taste
- Cooking spray

Directions:

1. Preheat the oven to 400 degrees.
2. Lightly spray a pie dish with cooking spray.
3. Mix spinach, scallions, dill, parsley, feta, & spoon into the pie dish.
4. Sift flour and baking powder in a medium bowl.
5. Add remaining ingredients to the bowl and blend well. Pour into the pie dish.
6. Bake 28-33 minutes or until knife comes out clean from the center.
7. Let stand for at least 5 minutes before serving.
8. Enjoy!

https://www.skinnytaste.com/easy-crust-less-spinach-and-feta-pie/
Wellness Weekly Challenge

Jefferson Center Events

Tucked away on Luck Avenue, the Jefferson Center is easy to forget until graduation rolls around.

But, there are events happening year round at this wonderful Roanoke treasure.

Check out the events coming up for 2019!

Including:

- Balsam Range and Lonesome River Band
- Joshua Redman Quartet with Aaron Goldberg, Reuben Rogers, and Gregory Hutchinson
- Upfront, Inc. Presents Paula Poundstone
- 16th Annual Latin Dance Party
- School House Rock Live

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

Mindfulness

January 28th
12:15
February 11th
12:15
Fitness Challenge Sign-Up NOW!

Competition starts January 1st

**Deadline to sign up is December 31st**

[Link to Google Doc sign up list.](#)

Points structure details will be emailed to team captains ASAP.

Everyone who participates gets a free tank top T-shirt (draft design below).

The team with the most accumulated points at the end of the Fitness Challenge will **win a team sweatshirt with their team name on the back** (and the opportunity to help in the sweatshirt design)!

The entire VTC campus is invited.... Students, Post-Docs, Staff, Faculty (combo of all) are welcome to participate!!!

Email Emily Holt Foerst at

Emily_10@vt.edu

if you have any questions!

Good luck everyone!
**Fitness Challenge Kickoff 80’s Mix**

1. Every Breath You Take  
**The Police**

2. Livin’ on a Prayer  
**Bon Jovi**

3. Take on Me  
**A-ha**

4. Girls Just Want to Have Fun  
**Cyndi Lauper**

5. Eye of the Tiger  
**Survivor**

6. Come on Eileen  
**Dexys Midnight Runners**

7. Jessie’s Girl  
**Rick Springfield**

8. Wake Me Up Before You Go Go  
**Wham!**

9. We’re Not Gonna Take It  
**Twisted Sister**

10. Down Under  
**Men at Work**

11. Flashdance...What a Feeling  
**Irene Cara**

12. Karma Chameleon  
**Culture Club**

13. The Tide is High  
**Blondie**

14. Need You Tonight  
**INXS**

15. Welcome to the Jungle  
**Guns N’ Roses**

16. 18 and Life  
**Skid Row**

17. Nothin’ But a Good Time  
**Poison**

18. I Think We’re Alone Now  
**Tiffany**

19. Personal Jesus  
**Depeche Mode**

20. I’m Still Standing  
**Elton John**

21. Hungry Like a Wolf  
**Duran Duran**

22. Beat It  
**Michael Jackson**

23. Express Yourself  
**Madonna**

24. Everybody Wants to Rule the World  
**Tears for Fears**

25. Footloose  
**Kenny Logins**

26. Holding Out for a Hero  
**Bonnie Tyler**

27. Pour Some Sugar on Me  
**Def Leopard**

28. Gloria  
**Laura Branigan**

29. Get on Your Feet  
**Gloria Estefan & the Miami Sound Machine**

30. You May be Right  
**Billy Joel**
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:

“No one is useless in this world who lightens the burden of another.”
- Charles Dickens

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