UPCOMING EVENTS:

EVERY WEDNESDAY IS WALKING WEDNESDAY
MEET AT BASE OF RIVERSIDE 2 STAIRS
12:00

POP PILATES WITH LYNDSEY IVAN
JANUARY 22ND
STUDENT COMMONS
5:00 PM

MINDFULNESS FEBRUARY 11TH
STUDENT COMMONS
12:15

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

Turmeric Roasted Cauliflower Soup

Ingredients:

- 6 heaping cups cauliflower florets cut into 1-inch florets
- 3 garlic cloves
- 2 Tbsp cooking oil, plus 1 tsp
- 1 tsp turmeric
- 1 tsp cumin
- 1/8 tsp crushed red pepper flakes (optional)
- 1/2 tsp kosher salt
- 1 medium chopped onion
- 3 cups vegetable broth
- 1/4 cup canned coconut milk
- 2 Tbsp chopped cilantro

Directions:

1. Preheat oven to 450. Smash the garlic cloves with the side of a knife.
2. Place the cauliflower florets and smashed garlic in a large bowl and drizzle with cooking oil. Shake the bowl a few times to coat the cauliflower.
3. In a small bowl combine the turmeric, cumin, salt, and crushed red pepper flakes. Sprinkle evenly over cauliflower, tossing well to coat.
4. Place the cauliflower on a large rimmed baking sheet and bake for 25-30 minutes. Turning cauliflower as needed.
5. In a medium pot over medium heat, add 1 tsp cooking oil and onion; cook until translucent. Add the broth and roasted cauliflower. Boil and cover on low for 15 minutes.

Optional: top with cilantro and/or coconut milk

https://www.skinnytaste.com/turmeric-roasted-cauliflower-soup/
Wellness Weekly Challenge

Visit the Taubman

The Taubman hosts a variety of collections for visitors to enjoy.

To learn more about what is currently on display visit the website or click here.

Free General Admission

Hours:
Wednesday—Saturday: 10:00-5:00
Sunday: 10:00-9:00

On-Going VTC Wellness Activities

Pop Pilates
January 22nd
5:00 PM
February 5th
5:00 PM

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
# VTC Fitness Challenge Week 3 Standings

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team Name</th>
<th>Points</th>
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<tbody>
<tr>
<td>1</td>
<td>Will Run for Margs</td>
<td>367</td>
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<tr>
<td>2</td>
<td>The Titan Fit Swolemates</td>
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<td>3</td>
<td>Nocardia for Old Men</td>
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<td>4</td>
<td>Quadratus Firmoris</td>
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<td>5</td>
<td>Gains before Brains</td>
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<td>Swole Girls</td>
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<td>Squat It Like It’s Hot</td>
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<td>Cirque du Sore Legs</td>
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<td>11</td>
<td>Nicolas Cage Fighters</td>
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<tr>
<td>12</td>
<td>A Little Week Behind</td>
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<td>13</td>
<td>We Got (Clinical) Skillz</td>
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<td>Thick &amp; Thin</td>
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<td>Mission Slimpossible</td>
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<td>Knee High by the 4th of July</td>
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<td>Sparkle Motion</td>
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<td>Airi Wants a Free Tank</td>
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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:

“Challenges are gifts that force us to search for a new center of gravity.
Don’t fight them.
Just find a new way to stand.”
- Oprah Winfrey

If you would like to contribute to or comment about the wellness weekly, please email Emily Holt Foerst, Office of Student Affairs VTC SOM.
To send a “Weekly Shout Out” message, email Emily Holt Foerst at Emily_10@vt.edu