UPCOMING EVENTS:

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

SUGGESTIONS WELCOME! EMAIL ANY WAC MEMBER WITH IDEAS.

Inside this issue:

Weekly Recipe 1
Weekly Challenge 2
121 Snacks 2
Art Show 2
Counseling Services 3
Pedestrian Walkway 4
WAC Team 5
Quote of the Week 5
WAC Contact 5

Avocado Egg Salad topped Ezekiel Toast

Ingredients:

- 1/4 avocado mashed
- 1 large hardboiled egg (chopped)
- Dash of salt & pepper
- 1 slice of Ezekiel bread (toasted)

Directions:

1. Blend ingredients.
2. Place atop a toasted slice of Ezekiel bread (loaves found in the freezer section).
3. Enjoy!

https://www.snacknation.com/blog/guide/healthy-snacks/
Carilion Clinic Health Walk & Talk

July 14th
9:30 AM - 12:00 PM
Booker T. Washington National Monument
12130 Booker T. Washington Highway, Hardy, VA

The 2nd Saturday of each month, Carilion Clinic sponsors guided Health Walks & Talks along a moderate section (1.5 miles in total length) of the loop trail at Booker T. Washington National Monument.

No registration is required.

Walkers are encouraged to wear comfortable shoes & bring a water bottle.

If you would like more information, contact Gail Nordhaus at 540-484-8569

121 Easy & Delicious Healthy Snacks

Don’t have time to do complex meal prepping?

Well... you do have time to put together a few of Snack Nation’s 121 ideas for healthy snacking.

Consider some of the following:
- Avocado Egg Salad with Ezekiel Toast
- Buffalo Tuna Stuffed Celery
- Celery Sticks & Skinny Buffalo Chicken Dip
- Cottage Cheese topped with Cucumber, Tomato, Avocado Salad

For more ideas, visit the website. Snacks can be narrowed by various nutritional details.

Mindfulness & Meditation Art Show

Opening August 14th at 5:00 PM in the VTC Atrium!

Curated by local artist Annie Waldrop, the art show will feature works of peace, contentment, and introspection. The opening reception will include an introduction to the practice of mindfulness with Laurie Seidel.
Counseling Services

If you’re going through a difficult time, and you find that it is negatively impacting your health and wellness, please consider reaching out to counseling services. VTC students have two options provided by VTCSOM.

**Appointments:**
Dr. Jennifer Slusher, PhD, LPC
jjslusher@jchs.edu
540-985-8502
8:00-5:00 Monday thru Friday
Carilion Roanoke Community Hospital, 4th floor

**Walk-ins Available:**
Roanoke VT Cook Counseling:
Dr. Chris Flynn, PhD, LPC
Flynnc@vt.edu
Thursdays, 1 Riverside 2nd floor TBMH Suite

Students interested in a list of providers outside VTC should visit [this link](#) on the VTC wellness website.
A very good way to maintain wellness is to avoid getting caught up in the construction of the new research building. So, please take note of the revised pedestrian walkway. Also, if driving through this area, please use extra caution.
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:

“A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst and it sparks extraordinary results.”

- Wade Boggs

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.