UPCOMING EVENTS:

EVERY WEDNESDAY IS WALKING WEDNESDAY MEET AT BASE OF R2 STAIRS 12:00

TEA & JAZZ FEBRUARY 15TH STUDENT COMMONS 2:30-5:00

POP PILATES MARCH 12TH MED STUDENT COMMONS 2ND FL R2 12:15PM

POP PILATES MARCH 26TH MED STUDENT COMMONS 2ND FL R2 5:00 PM

Wellness Weekly

Chicken & Avocado Soup

Ingredients:

- 2 tsp cooking oil
- 1 1/2 cups scallions, chopped
- 2 cloves garlic, minced
- 1 medium tomato, diced
- 5 cups low sodium broth
- 2 cups shredded chicken
- 2 small avocados, diced
- 1/3 cup cilantro, chopped
- 4 lime wedges
- Kosher salt & black pepper
- 1/8 tsp cumin
- Dash of chipotle powder (optional)

Directions:

1. Heat a large pot over medium heat.
2. Add oil, 1 cup of scallions, and garlic. Sauté 2-3 minutes and then add the tomatoes and sauté 1 minute more.
3. Add the broth, cumin, and chile powder. Bring to a boil. Cover for 15 minutes.
4. Serve. Place 1/2 cup chicken, 1/2 avocado, and a sprinkle of scallions, and cilantro in each dish. Ladle 1 cup broth over these items.
5. Salt & pepper to taste.
6. Enjoy!

https://www.skinnytaste.com/chicken-and-avocado-soup/
Wellness Weekly Challenge

Learn Calligraphy

Saturday, February 16th
1:00—4:00 PM
Taubman Museum of Art
$60 general public

Class is open to all experience levels.
Materials are provided.

On-Going VTC Wellness Activities

Activities below are open to ALL VTC faculty, staff, students, pos-docs..... Riverside 1 & 2

Pop Pilates
March 12th
12:15 PM
March 26th
5:00 PM
Medical Student Commons R2

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
April 8th
12:15
Medical Student Commons R2
Special Events for February...

Tea & Jazz TODAY!

Spend your study time in the
Student Commons

February 15th
2:30 - 5:00

Enjoy some tea, treats, and jazz
while you’re there.

First 24 students to arrive will receive a
FREE VTC coffee tumbler.
Building a Mindful Community
at Carilion Clinic

Join us for weekly drop-in sessions
Staff, Faculty, Residents, and Students Welcome

Tuesdays, 12:15 to 12:45 pm
Mindfulness Center—Rehab Building
First door on left when you enter from Jefferson Street

Or join us by phone
866-459-6011
Participant code 1503807

No prior experience required. What do we do? Guided mindful awareness and compassion practices. This is time just for you: pause, practice, improve your health and wellbeing, then carry these benefits into your daily life. Just drop-in!

Questions? lwseidel@carilionclinic.org

Sponsored by the Department of Psychiatry & Behavioral Medicine
Coming Soon....

Open Mic Night!

March 28th

7:30 PM

3rd Street Coffee House

The VTC School of Medicine
Talent Show!

If you haven’t already started getting your hours of practice in for your performance.... Better start soon!

Anyone interested in contributing an act needs to contact Awaiz Khan or Jeff Henry.
    Space is limited.
WellFest Soup Recipe

Santa Fe Chicken Soup

Serves: 6-8
Total Time: 4-10 hours, depending on crockpot setting

Ingredients
1.5 lbs chicken breast
14.4 oz can diced tomatoes with mild green chiles
15 oz can black beans, rinsed and drained
8 oz frozen corn
1/4 cup chopped cilantro
14.4 oz can fat free chicken broth
3 scallions, chopped
1 tsp garlic powder
1 tsp onion powder
1 tsp cumin
1 tsp cayenne pepper (optional)
salt to taste

Directions
1. Combine chicken broth, black beans, corn, tomatoes, cilantro, scallions, garlic powder, onion powder, cumin, cayenne pepper and salt in crockpot.
2. Season chicken breast with salt and lay on top.
3. Cook on low for 8-10 hours or on high for 4-6 hours.
4. Thirty minutes before serving, remove chicken and shred with two forks.
5. Return chicken to slow cooker and stir in. Adjust salt and seasonings to taste.
6. Serve over rice or tortillas with your favorite toppings.

Recipe source: skinnytaste.com
WellFest Soup Recipe

Butternut Squash Soup

Serves: 6-8
Total Time: 3-8 hours, depending on slow cooker setting

Ingredients:
- 2 cups vegetable stock
- 4 cloves garlic, peeled and minced
- 1 carrot, peeled and roughly chopped
- 1 Granny Smith apple, cored and roughly chopped
- 1 medium (about 3-4 lbs) butternut squash, peeled, seeded and diced
- 1 white onion, peeled and roughly chopped
- 1 sprig fresh sage
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/8 tsp cayenne
- pinch of ground cinnamon and nutmeg
- 1/2 cup canned (unsweetened) coconut milk
- optional garnishes: extra coconut milk, smoked paprika

Directions:
1. Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon, and nutmeg to a slow cooker. Toss to combine.
2. Cook for 6-8 hours on low, or 3-4 hours on high, or until the squash is completely tender and mashes easily with a fork. Remove and discard the sage. Stir in the coconut milk.
3. Use an immersion blender to puree the soup until smooth (or you can transfer the soup in two batches to a traditional blender and puree until smooth - be extremely careful not to overfill the blender with a hot liquid). Taste and season with additional salt, pepper, and cayenne as needed.
4. Serve warm, topped with your favorite garnishes.

Recipe from: gimmesomeoven.com
### VTC Fitness Challenge Week 6 Standings

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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:

“That powerful play goes on
and you too may
contribute a verse.”
- Walt Whitman

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,
EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU