UPCOMING EVENTS:

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

POP PILATES
MARCH 12TH
MED STUDENT COMMONS
2ND FL R2
12:00

ART THERAPY NIGHT
MARCH 21ST
VTC CAFÉ
5:00

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

OPEN MIC NIGHT
MARCH 28TH
3RD STREET CAFÉ
7:30 PM

Wellness Weekly

Cauliflower Nuggets

Ingredients:

- Cooking spray
- 30 cauliflower florets
- 3 large eggs
- 1 1/4 cups finely group bread crumbs
- 1/3 cup fresh grated Parmesan cheese
- 1/2 tsp kosher salt
- Black pepper to taste

Directions:

1. Preheat the oven to 450. Spray rimmed baking sheet.

2. In a shallow bowl beat the eggs. In a second bowl, combine the breadcrumbs, Parmesan, salt, and pepper. Split the breadcrumb mixture into two separate bowls.

3. With one hand, dip the cauliflower in the eggs, shift to the other hand and dip in the breadcrumbs. Repeat with each of the 30 pieces. When the first bowl of breadcrumbs is finished shift to the second bowl (2 bowls is trick to avoiding soggy breadcrumbs).

4. Spray the cauliflower with a bit of cooking oil. Bake for 20 minutes (flipping halfway).

5. Enjoy!

https://www.skinnytaste.com/cauliflower-nuggets/
Wellness Weekly Challenge

Roanoke Kung Fu Academy

Learn Self-Defense Techniques.
Ving Tsun (Wing Chun) Martial Art Training
Originating in Southern China.

Monday, Wednesday, Friday
6:30-8:30 PM
Contact Herbie Holland 540-493-3285 for more info!
2740 Franklin Road, Suite 6
The 1st class is FREE; $90 per month.

On-Going VTC Wellness Activities
Activities below are open to ALL VTC faculty, staff, students, and post-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 March...

Art Therapy Night with Ayesha Kar

It’s that time again... Painting in the VTC Café with Ayesha Kar. Mark your calendars for March 21st at 5:00 PM. Space limited... Watch for more information & the sign-up list in the coming weeks.

Open to all VTC faculty, staff, students & post-docs!

Open Mic Night

March 28th

7:30 PM

3rd Street Coffee House

The VTC School of Medicine Talent Show!

Anyone interested in contributing an act needs to contact Awaiz Khan or Jeff Henry.

Space for acts is limited.
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<tr>
<th>Rank</th>
<th>Team Name</th>
<th>Points</th>
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<tr>
<td>1</td>
<td>Nocardia for Old Men</td>
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<td>2</td>
<td>Will Run for Margs</td>
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<td>3</td>
<td>Quadratus Firmoris</td>
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<td>The Titan Fit Swolemates</td>
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<td>Swole Girls</td>
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<td>Cirque du Sore Legs</td>
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<td>Squat It Like It’s Hot</td>
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<td>A Little Week Behind</td>
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<td>Dopaleans</td>
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<td>We Get You In</td>
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<td>Nicolas Cage Fighters</td>
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<td>14</td>
<td>Thick &amp; Thin</td>
<td>397</td>
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<td>Gains before Brains</td>
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<td>Pumped Up Chicks</td>
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<td>Mission Slimpossible</td>
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<td>We Got (Clinical) Skillz</td>
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<td>Knee High by the 4th of July</td>
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<td>Running on Empty</td>
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<td>Sparkle Motion</td>
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<td>Airi Wants a Free Tank</td>
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<td>Harolds and Kumar</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:

“The time is always right to do what is right.”
- Martin Luther King Jr.

If you would like to contribute to or comment about the wellness weekly, email Emily Holt Foerst at Emily_10@vt.edu