Flourless Banana Pancakes

**Ingredients:**
- 1 medium ripe banana (the riper the better)
- 2 Tbsp quick oats
- 1 large egg, beaten
- 2 Tbsp chopped pecans

**Directions:**
1. Mash the banana(s) with a fork in a medium bowl. Add egg & oats; then mix will.
2. On a heated nonstick skillet, pour each pancake.
3. Top with pecans.
4. Cook 3-4 minutes on each side until golden.
5. Enjoy!

https://www.skinnytaste.com/4-ingredient-flourless-banana-nut-pancakes/
Wellness Weekly Challenge

Check out The Spot on Kirk

The Spot offers a variety of events for Roanoke!

This week: **Tellico**

Tellico is a roots music group from Asheville, NC.

**March 8th**

**Doors open: 7:30 PM; act begins at 8:00 PM**

**22 Kirk Avenue**

Tickets are $9.00 in advance & $12.00 at the door

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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
Student Gym

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...
Sign Up Using the Link Below!

https://docs.google.com/spreadsheets/d/1U9qTx4D88vDfw7mODbiAXxpOVzScwXbOMlvg21w/edit?usp=sharing

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.
# VTC Fitness Challenge Week 10 Standings

<table>
<thead>
<tr>
<th></th>
<th>Team</th>
<th>Points</th>
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<tbody>
<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>4</td>
<td>Swole Girls</td>
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<td>5</td>
<td>VALKyries</td>
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<td>6</td>
<td>The Titan Fit Swolemates</td>
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<td>7</td>
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<td>9</td>
<td>Squat It Like It’s Hot</td>
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<td>10</td>
<td>A Little Week Behind</td>
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<td>11</td>
<td>Dopaleans</td>
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<td>12</td>
<td>We Get You In</td>
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<td>13</td>
<td>Thick &amp; Thin</td>
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<td>14</td>
<td>Nicolas Cage Fighters</td>
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<td>Pumped Up Chicks</td>
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<td>Gains before Brains</td>
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<td>17</td>
<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:

"Be curious, not judgmental."
- Walt Whitman

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