



Health & Wellness

Vendors

- Ⓢ Advanced Physical Therapy
- Ⓢ Advantage EAP
- Ⓢ Ameritas
- Ⓢ Anthem BCBS
- Ⓢ Carilion Clinic
- Ⓢ CrossFit Unwritten
- Ⓢ Crystals Healing Hand's Salt Room
- Ⓢ Fleet Feet
- Ⓢ InnovAge Pace
- Ⓢ LewisGale Medical Center
- Ⓢ Member One Federal Credit Union
- Ⓢ Orangetheory Fitness
- Ⓢ Queen Pin Acupuncture
- Ⓢ RC Campus Rec
- Ⓢ RC Health Services
- Ⓢ Roanoke County Police Department
- Ⓢ TIAA
- Ⓢ Tuck Chiropractic
- Ⓢ Virginia Cooperative Extension Services



MaroonsRWell Wellness Fair

March 21st
11 a.m. – 3 p.m.
Kerr-Cregger Field House

It is the 3rd year MaroonsRWell is hosting a faculty and staff wellness fair! We aim to highlight various campus and community resources and continue to grow our network of health and wellness opportunities for you each year. Stop by anytime between 11 a.m. and 3 p.m. and visit those vendors that interest you.

Why attend? Meet many great local vendors that play a part in the many facets of wellness: physical, emotional, social, spiritual, career, intellectual, environmental and financial. Share your story with them and get a fresh – and free– perspective! Pick up some samples, receive a free chair massage or a quick acupuncture session, and have fun along the way!

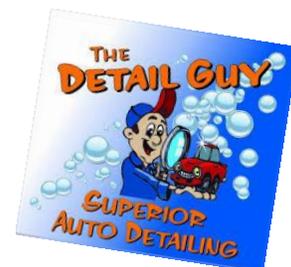
Due to recent wellness incentive changes we wanted to offer something back to YOU - the hard-working employees that are integral in making Roanoke College run on a daily basis! This year's fair boasts over \$1,000 in prizes and giveaways to reward you for taking care of your health and exploring the many local options that are available to assist you with your wellness goals! The first 200 attendees will receive a MaroonsRWell grocery tote packed with a waterproof first aid kit and dual sunscreen/lip balm stick. Additionally, just for stopping by and exploring the offerings of our vendors, you will be eligible for various door prizes and entry into the grand prize drawings.

Door Prizes Include:

- Ⓢ MaroonsRWell T-shirts
- Ⓢ Lowe's Gift Card
- Ⓢ Earth Fare Gift Card
- Ⓢ JayBird Sport Wireless Headphones
- Ⓢ Roanoke College Bookstore Prize Basket
- Ⓢ 6 Personal Training Sessions through Campus Rec

Grand Prizes Include:

- Ⓢ One time home cleaning service from Quality Maid Services
- Ⓢ On-site Car Wash/Detailing Service from The Detail Guy
- Ⓢ 60 minute massage from Body and Sole
- Ⓢ Ninja Airfryer
- Ⓢ NutriBullet 12 piece high speed blender/mixer set



Recipe of the Month

Harvest Cobb Salad

- 4 slices of bacon, diced
- 2 large hard-boiled eggs
- 6 cups of chopped romaine
- 1 apple, diced
- 1 pear, diced
- 1/2 cup pecan halves
- 1/3 cup dried cranberries
- 1/3 cup crumbled cheese

POPPY SEED DRESSING

- 1/3 cup mayonnaise
- 2 tsp sugar
- 1 tbsp apple cider vinegar
- 1 tbsp poppy seeds

Whisk together dressing ingredients in a small bowl and set aside.

In a large skillet over medium-high heat, cook bacon until crispy, about 6-8 minutes.

Place eggs in a large saucepan and cover with cold water by 1 inch. Bring to a boil and cook for 1 minute. Cover eggs with a tight-fitting lid and remove from heat. Drain well and let cool before peeling and dicing.

To assemble salad, place romaine in a large bowl; top with eggs, bacon, apple, pear, cranberries, and cheese.

Serve immediately with poppy seed dressing.

Makes 4 servings. Per serving: 614.5 calories, 8.9g protein, 52g fats, 33g carbs



Stretching Works Wonders!

Stretching increases and maintains flexibility – vital whether putting on your shoes or preparing for vigorous exercise or sports. Flexibility declines as we age, resulting in short, tight muscles and increased risk of injuries and falls.

Stretching provides several benefits, including:

- Improved range of motion.
- Reduced pain, stiffness, and stress.
- Enhanced muscular and joint function.
- Reduced risk of injury.
- Increased blood flow and circulation.

Here are some basic guidelines:

- 1.) Don't stretch a cold muscle.
- 2.) Work the major muscle groups.
- 3.) Stretch slowly and smoothly.
- 4.) If you've suffered a strain or injury in the past discuss with your health care provider.

By stretching safely and regularly, along with a regular exercise program, you can stay active for life.

MAR 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04 Spring Break No Fitness Classes this week	05	06	07 CAREGIVER SUPPORT GROUP 4:45 P.M. MOREHEAD HALL MEETING ROOM	08	09
10	11 yoga 12 P.M. BAST 138	12	13 BODYPUMP 12 P.M. BAST 138	14	15	16
17	18 yoga 12 P.M. BAST 138	19	20 BODYPUMP 12 P.M. BAST 138	21 WELLNESS FAIR 11 A.M. – 3 P.M. KERR-CREGGER FIELDHOUSE	22 ← CAREGIVER SUPPORT GROUP 4:45 P.M. MOREHEAD	23
24	25 yoga 12 P.M. BAST 138	26	27 BODYPUMP 12 P.M. BAST 138	28		



Kate Smith's Office Hours:

Tuesdays 9 a.m. – 1 p.m.
Thursdays 11:30 a.m. – 3:30 p.m.

Contact Kate via phone at (540)855-7784 or email wellness@roanoke.edu for Health Coaching or Wellness Inquiries.

