

March 2023



MaroonsRWell Newsletter



Greetings, Maroons! It's almost Spring, which means it's almost time for our **Annual Employee Wellness Fair!** We hope you will take the time to join us on Wednesday March 22nd and learn more about the wealth of wellness-related organizations in our Valley. More details below and on page 2.

YOU ARE INVITED TO JOIN US ON A WELLNESS ADVENTURE!

Each Spring, MaroonsRWell hosts a Wellness Fair for Roanoke College Employees to introduce our faculty and staff to a variety of community organizations that support all aspects of wellness.

This year, we are excited to bring you even more vendors and interactive events, designed to get you moving, keep you healthy, and make you smile.



With over 30 local business and community organizations scheduled to attend this year's event, we are certain there will be something for everyone—from planning to expand your family to planning for retirement, and everything in between!

Be sure and stop by and test out an e-bike, relax during a chair massage, try on new running shoes, get your blood pressure taken, and even race your coworkers on adult-sized big wheels! As always, we'll have prizes and giveaways, too!





MaroonsRWell



Wellness Adventure

CHART YOUR WAY TO BETTER HEALTH!



- ...Relax on the Queenpin Wellness Wagon
- ...Pedal away your stress on adult big wheels
- ...Soften tension with a chair massage



- ...Be proactive with health screenings
- ...Protect your assets through financial planning

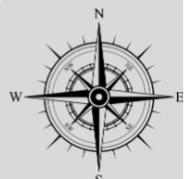


...And so much more!



WEDNESDAY MARCH 22ND

11:00 am to 3:00 pm
Cregger Fieldhouse





MRW Fitness Classes!

Classes start at noon and run for 45 minutes. No experience necessary. Join us in Bast 109!

Tuesdays

Body Pump with Christine

Thursdays

Yoga with Laura (3/2)

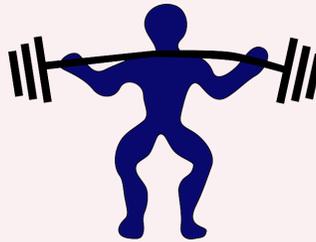
Zumba with Kathy (3/16)

Jump Rope with Hany (3/23)

Special Spring Break Schedule:

Body Pump 3/7

Jump Rope 3/8 (Wednesday)



Recipe of the Month: **Spring Pea Pesto**

Ingredients

2 cups peas, either frozen and thawed- or use fresh English peas

1/2 cup packed mixed herbs mint, tarragon or dill

zest of one lemon

2 1/2 tablespoons lemon juice

1 tablespoon minced chives or green onion

1/2 teaspoon salt

1/2 teaspoon black pepper

1/8 cup olive oil



Directions

In a food processor add peas, mixed herbs, lemon zest, lemon juice, chives (or green onion), salt, pepper and olive oil.

Pulse for a few minutes until the peas break down but are still textured.

Serve immediately or store in the fridge for 3 days.

Can be used on pasta, bread, or as a dip!

Recipe and nutrition facts found [here](#).

