

24' Winter De-Stress Week Activities

Kearney

Monday, December 9, 9am, HSEC atrium, Cozy up with Cocoa. Wear your favorite holiday sweater and enjoy the hot cocoa bar (while supplies last).

Tuesday, December 10, 9am, HSEC atrium, "Pop" home for the Holidays. Enjoy a variety of popcorn (while supplies last) and wear something to show off your hometown (t-shirt, hoodie, letterman jacket, etc.)

Wednesday, December 11, 9am, HSEC atrium, Snacks and Socks. Wear your favorite pair of festive socks and grab a snack (while supplies last).

Thursday, December 12, 9am, HSEC atrium, Holiday Cookies. Stop by and decorate a cookie (while supplies last). Cookies provided by SNA. Don't forget to wear your red or UNMC attire.

Friday, December 13, HSEC atrium, Holiday Clean-out. Stop by the atrium to grab any remaining snacks leftover from the week.

Lincoln

College of Dentistry – Thursday, December 12, 5pm, Dixon Auditorium, Annual Trivia Night. Teams can be made up of 2 to 4 people, any combination of COD students, staff, and faculty. Trivia will include music, movies, TV, history, and more. Single elimination.

College of Nursing- Monday, December 9, 11:30am, 2nd floor student kitchen, stop by for donuts and hot chocolate (while supplies last). In addition to donuts and hot chocolate, there will be De-Stress baskets and snacks in the lounge area throughout the week.

Munroe-Meyer Institute

A potluck is being planned. More information will be distributed once a day has been finalized.

24' Winter De-Stress Week Activities cont..

Norfolk

All Week: De-Stress Marathon. Throughout the week take a selfie participating in the daily 'marathon' activity for a chance to win a prize. Selfies can be sent to Gwen Porter.

Monday, December 9, all day, Marathon activity, Zen Zone, take a selfie getting a massage.

Monday, December 9, 11:45am-12:45pm, room 154, Healthy Snack. Stop by and grab a healthy snack.

Tuesday, December 10, all day, Marathon activity, Zen Zone, stop by and grab a hot drink from the Keurig.

Wednesday, December 11, all day, Marathon activity, take a selfie hugging a friend.

Thursday, December 12, all day, Marathon activity, take a selfie preparing a healthy meal

Friday, December 13, all day, Marathon activity, take a selfie of you blowing a gum bubble.

Scottsbluff

An brunch event is scheduled for Monday, December 9. More details will be provided soon.