

# De-Stress Week Activities

## Kearney

Monday, April 22, all day, HSEC Commons, enjoy a donut and bring your water bottle by the hydration station. A variety of water flavor packets and donuts will be available (while supplies last).

Tuesday, April 23, all day, HSEC Lawn, take a break and enjoy some snacks (while supplies last) and yard games.

Wednesday, April 24, Noon-1PM, HSEC 100, stop by and play a round or two of BINGO. There will be prizes and snacks (while supplies last).

Thursday, April 25, all day, HSEC Lawn, take a minute and relax. There will be sidewalk chalk, bubbles and snacks (while supplies last).

Friday, April 26, TBD, HSEC Commons, SNA cookie decorating.

## Lincoln

College of Dentistry - An event is currently being planned. More information will be sent out to students/staff soon.

College of Nursing- Tuesday, April 23, 11am – 1 pm, parking lot attached to the UNL Health Center/UNMC CON building, stop by and get a free Kona Ice (while supplies last).

## Munroe-Meyer Institute

An event is currently being planned. More information will be sent out to students/staff soon.

## Norfolk

College of Nursing hosted a 'Taco Bout It' event in February with walking tacos, fresh fruit and Jarritos sodas.

## Scottsbluff

An event is currently being planned. More information will be sent out to students/staff soon.