

Other UNMC campuses will also be participating in De-Stress Week. A list of their events are below:

Scottsbluff:

Information will be provided to students

Kearney (both colleges):

Monday, Dec. 9:

Pet Therapy, hot cider and cookies

Tuesday, Dec. 10:

Relaxation lounge – bring your blanket and watch a Holiday movie or a relaxing fireplace on the big screens. Milk and snacks will be served

Wednesday, Dec. 11:

Game day – complete with puzzles, Legos and games. Popcorn and Chex mix will be served.

Thursday, Dec. 12:

Wear your UNMC gear or hometown pride shirt. Coloring pages will be available and hot chocolate will be served.

*Check the monitors daily for more information – including times and locations.

Lincoln College of Dentistry:

Monday, Dec. 9 – Friday, Dec. 13, Student Lounge

Stress Free Zone complete with coloring, cookie decorating, self-care tips, a therapy dog and more!

Lincoln College of Nursing:

Tuesday, Dec. 10, 12 – 1 PM, Outside of Room 160

Students can 'pop' on by and enjoy a free popcorn bar

Norfolk:

Monday, Dec. 9

Students can stop by the Wellness Room and grab a stress ball

Tuesday, Dec. 10:

Bottled water and snacks will be provided to students at their desk

Wednesday, Dec. 11:

Holiday cookies/treats will be out in Room 156 for students to enjoy

Monday – Wednesday, All Day

A Pampering Station complete with essential oils, handheld massagers, nail polish and more will be set-up in the Wellness Room