

Nurses Week

Courage to fly. Dare to soar.

May 5-9, 2025



Monday, May 5

Courage to care

- **Oasis room**
6:30-9:30 p.m.: Meditation room
- **Nurse yoga**
8-8:30 a.m.: Outside on the South lawn
(weather permitting or South Tower classroom)
3:30-4 p.m.: Outside on the South lawn
(weather permitting or South Tower classroom)
10 a.m.-12 p.m.: On your unit
*Graciously donated by Bumble Bee Yoga Community

Chair massages

12:30-7 p.m.: Meditation room (limited availability)



Sign-up
here.

Dog therapy

2-4 p.m.: Outside on the South lawn
(weather permitting or South Tower classroom)

6-6:30 p.m.: Snuggles and snacks: Terrell sky bridge

Star party

9:30-11 p.m.: Parking garage roof

Tuesday, May 6

Courage to nourish

6:30-9:30 a.m.

- Juice bar with pastries and fruit

11:30 a.m.-2 p.m.

- G's Brunch Truck (breakfast, burgers, sandwiches, etc.)
- HibachiGo (Asian)
- D's Smokering (BBQ)
- Mister Softee (ice cream and mini donuts)

6-8 p.m.

- Sweet Rice Kitchen (Asian)
- Vie de fleur (Cajun and dessert)

◦ 10% off for nurses with badge
◦ All stationed on Pruitt Street

Wednesday, May 7

Courage to be great

6-10 a.m. and 4-8 p.m.

- Free professional headshots: Atrium third floor

11 a.m.-2 p.m. and 4-8 p.m.

- Shared governance fair: Atrium

2-4 p.m.

- Great 10 Nurses ceremony: Hochberger Auditorium



Watch it
virtually here.

Thursday, May 8

Courage to celebrate

7-9 a.m.

- Breakfast burritos, yogurt bar and fruit: Atrium

9-10 a.m.

- Nurses week gifts: Atrium

Friday, May 9

Courage to caffeinate

7-10 a.m.

- Travlin' Tom's Coffee truck, sponsored by Frost: Pruitt Street
- Learn more at qrco.de/frostonursesweek