



Nurses Week

May 4-8, 2026

Fort Worth



Daily self-care rounding with our yoga and massage therapists.

Monday, May 4: Choose to bloom

All day — Nurse poster presentations - Atrium

6:30-9:30 a.m. — Coffee and donut bar - Atrium

12:30-4:30 p.m. — Nurse-only design thinking workshop hosted by the Center for Nursing Excellence (CNE)

Day shift — Well-being cart rounding - in each unit

Tuesday, May 5: Live life in full bloom

All day — CNE poster presentations - Atrium

2:30 p.m. — Great 10 Nurses celebration - Hochberger Auditorium, in-person, invite only, telecast available

6-10 a.m. and 4-8 p.m. — Professional headshots - Meditation Room

Night shift — Well-being cart rounding - in each unit

10 p.m.-1 a.m. — Chair massages - Meditation Room (*Book below!*)

Wednesday, May 6: Bloom and grow

11 a.m.-2 p.m. and 10 p.m.-1 a.m. — Food trucks - Pruitt Street

7:30 a.m., 8:30 a.m., 2:45 p.m. and 3:45 p.m. — Council Connection game with CNE - Family Support A and B
(sweet treats 15 minutes prior to games)

11 a.m.-2 p.m. — Chair massages - Atrium Classroom (*Book below!*)

Thursday, May 7: Let kindness bloom

7-9 a.m. — Breakfast burritos and gift distribution with administration (leader pick-up) - Atrium

10 p.m.-12 a.m. — Bloom floral and soda bar - Atrium (night shift)

1 p.m.-4 p.m. — Chair massages - Meditation Room (*Book below!*)

Friday, May 8: Don't just live ... bloom!

10 a.m.-12 p.m. — Bloom floral and soda bar - Atrium

1 p.m.-4 p.m. — Chair massages - Pavilion Classroom (*Book below!*)

By appointment only Tue -- Fri, there will be
10-minute massage sessions offered. Book one now!

