



MON 6	TUES 7	WED 8	THURS 9	FRI 10
HNNH Fleet Feet 9:00am-4:00pm <i>Periop Conf WC116A</i> <i>Get professionally measured for athletic shoes (15 min)</i>	DAISY Bake Sale  11:00am-1:00pm <i>Lobby (Market Coffee)</i>	Alumni Lecture & Lunch (1 CE) SON A102 12:00pm-1:00pm <i>Speakers: Drs. Northington &amp; Kerkendall; Recognition of Nursing Alumna of the Year</i>	DAISY Bake Sale  11:00am-1:00pm <i>Outside McDonald's</i>	Nursing Excellence & Professional Development Fund 2019 Campaign 11:00am-1:00pm <i>Outside McDonald's</i>

**PRIZE DRAWINGS DAILY**

HNNH Kickoff 3:00pm-4:00pm <i>Walking Group in front of SON</i>	Office of Nursing Quality Open House 11:00am-1:00pm <i>N-175 University Hospital</i>	Free ANA Webinar 1:00pm 1 Contact Hour Nurses4Us: Elevating the Profession <a href="http://nursingworld.org">nursingworld.org</a>	HNNH Fleet Feet 2:00pm-9:00pm <i>Periop Conf WC116A</i> <i>Get professionally measured for athletic shoes (15 min)</i>	Night Shifts Healthy Surprise!
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**Where in the U is Florence???**

*Clues posted daily (day and night shifts) on People of the U Facebook page*

Circle of Excellence <i>Drawing for 2 recertification reimbursements!</i>	DAISY Unit Decor Contest Winner <i>Announcement During Leadership Forum</i>	Night Shifts Healthy Surprise!	Choose a healthy option in the main cafeteria and enter a drawing for a free meal (day & night shifts)	<b>DID YOU KNOW?</b> <i>Nurses Week ALWAYS begins on May 6 and ends on May 12, Florence Nightingale's birthday!</i>
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**Nurses Wear UNIT T-SHIRTS All Week!**

Today is the deadline to register your team for the Gurney Race!	Market Coffee Shop Open Until 9:00pm	Market Coffee Shop Open Until 9:00pm	<b>DID YOU KNOW?</b> <i>Nurses make up approximately 30% of the UMMC workforce!</i>	<b>DID YOU KNOW?</b> <i>Next week is Employee Appreciation Week (formerly Hospital Week)</i>
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**Show your nurse ID badge at Northpark Cinnabon for a free MiniBon Roll or 4-ct BonBites!**



**CALENDAR**

**Tips for a Healthy U**

*Take steps to help you grow in your profession.*

*Carve out some time to spend with family and friends.*

*Find a quiet place and just breathe for 5 minutes.*

*What do you need to do most today: laugh or cry? Take 5 minutes and do it!*

*Read a book about getting your finances to a healthy state, such as Total Money Makeover - Proven Plan for Financial Fitness or The Financial Diet.*

*Which area of your health do you need to focus on most? Do one healthy thing in that area.*

*Determine how much spirituality affects your everyday life.*

**May 16, 5-7pm**

**GURNEY RACE**

Student Union Area  
Food Trucks & DJ