

STAFF APPRECIATION WEEK

November 10-15, 2025

A special thank you to our partners:

UNO Administration | UNO Human Resources | UNO Alumni Association
UNO Athletics | UNO Faculty Senate | Sodexo | Hardy Coffee Co.
Eileen's Cookies | NU Extension | UNO CBA Finance Department

Monday, 11/10

11:30 AM - 12:30 PM

Wellness Workshop Series
"Navigating Nutrition Trends:
Separating Fact from Fiction"
Zoom

1:00 - 2:00 PM

Wellness Workshop Series
"Your Money, Your Future: A
Financial Game Plan"
Mammel Hall

3:30 - 4:30 PM

Group Fitness Class
H&K

Tuesday, 11/11

8:30 - 9:30 AM

Yoga Class
Pep Bowl

9:00 - 10:00 AM

Wellness Workshop Series
"Your Money, Your Future:
A Financial Game Plan"
CEC

11:00 AM - 1:00 PM

Staff Veteran's Lunch
MBSC Room 201

1:00 - 2:00 PM

Wellness Workshop Series
"Healthy Eating on the Go"
Scott Campus

2:30 - 3:30 PM

Wellness Workshop Series
"Healthy Eating on the Go"
Dodge Campus

Wednesday, 11/12

7:00 - 9:00 AM

Alumni Staff Coffee & Donuts
MBSC Ballroom

12:00 - 1:00 PM

Yoga Class
Pep Bowl

1:00 - 2:00 PM

Wellness Workshop Series
"Grocery Shopping for Your Health"
Scott Campus

2:30 - 3:30 PM

Wellness Workshop Series
"Grocery Shopping for Your Health"
Dodge Campus

Thursday, 11/13

11:30 AM - 1:00 PM

All Staff Lunch
MBSC Ballroom

Saturday, 11/15

2:00 PM

Men's Basketball Home Opener
Baxter Arena

Available All Week!

- Fall Goodie Bags

20% off UNO Bookstore

Free Access to H&K
- \$5 Starbucks Voucher

Eileen's Cookies BOGO Promo

Hardy's Coffee \$3 In-App Promo

More event information can be found at sac.unomaha.edu
or contact us at unosac@unomaha.edu