



## WALKING IN A “WINTER” WONDERLAND

It's finally Winter! Though seemingly in name only. We had that freak snow storm at the very beginning of December, but since then it has been temperate if not slightly warm.

Temperatures got over 70 during Winter Break, nearly breaking a record for the warmest temperatures for those days. In December, students finished finals, some graduated (!), and the rest of us got to take a much-needed break. Due to this, the December issue will be a bit shorter than usual as we wait in the quiet halls on campus for students to return on January 20<sup>th</sup>. Hoping everyone has had a restful Winter Break, wishing warm congratulations to those who graduated, and rest assured there's plenty of excitement to have everyone else back!

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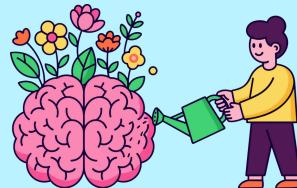
### UPCOMING IMPORTANT DATES

- January 19<sup>th</sup> - Martin Luther King Jr. Day (University Closed)
- January 20<sup>th</sup> - First Day of the Spring Semester

## WELLNESS FAIR GOES FAIRLY WELL (GREAT ACTUALLY)

On December 4<sup>th</sup>, BHS professor Dr. Theresa Brown and her Health Program Management class of BHS students put on the Wellness Fair to great success! Students in the course helped plan and coordinate the event and each designed an interactive table presentation for the fair. The effective marketing for the event was done by the students in Dr. Coffman's Technology, Marketing, and Media in Health course. At the fair, each student's presentation was focused on a varying topic related to personal wellness, including sleep quality, stress management, financial wellness, caffeine intake, and the emotional wellbeing of athletes, among many other engaging topics. The students did an excellent job and attendance proved it.

Congratulations to the students and Dr. Brown for a fantastic event!



# THERAPY HORSES!!

During Stress Less Fest, the SoNHS FUN Committee brought in miniature therapy horses to help students destress! The miniature horses are looked after by SoNHS professor, Dr. Sharon White-Lewis, who does research and local outreach regarding equine animal therapy. Sweet Pea (brown) and Merlin (white) loved seeing all the students, staff, and faculty who stopped by to say hi and feed them some well-deserved treats. It was a hit with nearly 300 people stopping in for a break with these sweet horses! We will definitely plan on bringing them back around in the future. Thank you to Dr. White-Lewis for working with us to bring them in!



## GRADUATION!

We had our Fall Academic Professional Recognition Ceremony and Graduation in mid-December! The APRC is specifically for our SoNHS students, where we give out the traditional pin to any graduating BSN students and bestow hoods and caps for any graduate students who have finished their MSN, DNP, Certificate, or PhD programs. Then at graduation we got to see all our graduating undergraduate and graduate students don their caps and walk the stage! We are so proud of all our graduates and can't wait to see all the great things you'll do! Congratulations!

