

Nov/Dec

DUNS NEWSLETTER



Message to Students:

Whether you're just beginning your nursing school journey or preparing to graduate, we know this time of year can bring lots of excitement (and stress)! As we head into exam season, please take the time to check in on yourself and prioritize your mental and physical wellbeing. DUNS has a lot of great events planned that are perfect for a study break!

if you need extra support, check out these available resources:

Student Health & Wellness Centre: https://www.dal.ca/campus_life/health-and-wellness/my-health/mental-health.html

Good2Talk: Available 24/7 Call 1-833-292-3698 or text GOOD2TALKNS to 686868

Pinning Ceremony REMINDER

Reminder for semester 3 students: your pinning ceremony is taking place
November 22nd, 6:00pm!

Please check your Dalhousie email for more info and to RSVP

Scrub Sale!

Want a great deal on scrubs? You're in luck!
This year we are offering black pants and white and black tops, perfect for clinical & NSNU workplaces!



Scrub Sale runs Nov 13-30th

Check your Dalhousie email for sale link

Nursing Student Week BINGO! Monday November 20th 6:30pm CHEB RM170

This event is open to all Dalhousie students!
Entry fee is by donation in support of your DUNS CNSA representatives

Cash bar (19+)

50/50 in support of your Advanced Standing class of 2024!

Lots of great prizes to be won!



Nursing Holiday Party Friday, November 24th 11am-1pm Forrest Nursing Lounge



Stop by for some chilli, winter treats and hot drinks!

Also find out more information and drop off your donations for our fundraising initiative in collaboration with Rho Rho



FREE Nursing Yoga

**November 26th 10am
Dalplex Studio 1**



Take a study break to prioritize self care and exercise!

Registration link will be sent via email

Limited spots available!

DUNS Holiday Market

CHEB RM170 December 3rd, 12-5PM
Check out local market vendors in support of your Direct Entry class of 2024!

**\$5 cash entry fee, door prize tickets:
1 for \$2 or 3 for \$5**

