

INSTRUCTOR: The UNMC Graduate Studies Wellness Hub is located in the Durham Research Center I on the Omaha campus. All graduate students should have access to the outer doors of the Durham Research Center and to the Wellness Hub.

As you enter the building, make your way past the elevators to find the Wellness Hub. The Graduate Studies Wellness Hub is a place for students to relax, take a break, or connect with friends.

The Hub boasts a flat screen TV, study spaces, a foosball table, and a kitchen area. Students can connect their devices to the flat screen for streaming video or music.

The kitchen includes an ice machine, cold water dispenser, and coffee machine. You can also find various board games and puzzles in the hub. A microwave oven is located in the convenience store that is next to the Wellness Hub.

The Wellness Hub is also the place where you can find the graduate student wellness advocate. The wellness advocate for the Office of Graduate Studies and Postdoctoral Education is on site to support, listen to, and address the concerns of students and postdocs in all areas of their wellness needs in both their personal and professional lives.

We look forward to welcoming you to our new Graduate Studies Wellness Hub, and hope you find it to be a relaxing and enjoyable space.

[UPBEAT MUSIC]