



HOG Bytes

Quick Bits of Information

How do you eat the whole Hog? In little Bytes...Here are some things you need to know.



First Razorback Safety Festival is Wednesday

During the [first Razorback Safety Fest](#) you will learn more about Safe Ride, weather alerts, the SafeZone app, how to use a fire extinguisher, basic first aid, CPR, play some trivia and win some prizes and so much more! Special appearance by local chief meteorologist Dan Skoff with weather related emergency information. Join us at the Arkansas Union Mall on Wed., Sept. 11 from 11 a.m. to 1 p.m. and learn more about being a safe citizen of the U of A campus and the NWA community.



Student Financial Wellness Webinar

Join Regions Bank as they provide you with financial expertise regarding how to establish reachable goals, develop new spending and saving habits, and get tips on creating stability for your financial future at the [Student Financial Wellness Webinar: Smart Money Habits!](#) This event is Thur., Sept. 12 from 4 to 5 p.m. in HLTH 1118.



CHEERFUL Celebration with Food on the Hill (Chartwells Dining)

[Join us for our first JOYFUL series celebration of the year!](#) We'll have a special menu, fresh popped popcorn, an opportunity to customize your own healthy sweet treat—apple nachos—with the Campus Dietitian, spirited school activities, and campus partners sharing information about campus resources. Participate in a ping-pong tournament or a round of University of Arkansas-themed bingo during the event! Winners of each will receive a Homecoming game ticket, courtesy of Mountain Bird Coffee & Tea Co. Join us on Thur., Sept. 12, from 5 to 7 p.m. at Pomfret Dining Hall!



Campus Protests: Pulse Panel Discussion

The Honors College presents a panel featuring faculty and staff with expertise in cultural sociology, organizational theory, moral and political philosophy, campus police and emergency management, and the legal issues surrounding political protests. [The Pulse Panel Discussion](#) will discuss how and why campuses often serve as spaces for assembly and activism from 4:30 to 6 p.m. on Thur., Sept. 12, in the Honors Student Lounge (GEAR 130).

Mini-Bytes

[Let's Talk is a CAPS outreach program](#) that offers you convenient access to brief, informal consultations with a mental health clinician. Consultations are free, no appointment is necessary, and students are seen on a first-come, first-serve basis. Find CAPS table in the Arkansas Union (right outside the food court) on Wednesdays from 1:15 to 2:45 p.m.

Interested in becoming a group fitness instructor? Register for the ACE Prep Group Fitness course! This training program will give you hands-on experience with professionals. The 10-week course runs Sept. 25 to Dec. 12 (10-12 meetings) from 1:30 to 3:30 p.m. at a cost of \$50. [Register on the UREC member portal.](#)

Join UARK Wellness and Engaging Arkansas Communities for "[Hot Topics: Intro to Safer Sex,](#)" a candid and informative session designed for you to learn about STIs, safer sex practices, and the importance of sexual health. This event is Today, Sept. 9, from Noon to 2 p.m. in Arkansas Union 514.

[Networking and LinkedIn!](#) Join Louise Hancox for a discussion of networking and getting your LinkedIn profile in shape on Tues., Sept. 10, from 3:30 to 4 p.m. in GEAR 258.

[Learn how to ballroom dance!](#) Let loose and have a good time at Ballroom Dance practice on Wed., Sept. 11 from 7 to 9 p.m. in ROTC 202.
