



HOG Bytes

Quick Bits of Information

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



Union Day – Hogs in Space

[The Arkansas Union is taking our annual space excursion to new heights this year](#), complete with cosmic snacks, galactic activities, and unbelievable free goodies. Come learn about the offices, programs and services in the Union. Mark your calendars for Wed., Sept. 25 from 11 a.m. to 1 p.m. and prepare for liftoff from the ARKU Mall.



Self Defense and Self Love!

Join us for an exciting Self-Defense Event featuring the Taekwondo Club and UAPD! Learn essential self-defense techniques and safety tips from experts. As a bonus, we'll be giving away free skincare products and lip balms to all participants. Don't miss this empowering and fun-filled session—boost your confidence and take home some goodies TODAY, Mon., Sept. 23, from 6 to 8 p.m. in Pomfret Hall Great Room. [Sign up for this event on Hogsync.](#)



Play UARK BINGO

[Join University Programs for UARK Bingo](#) to get Game-Day ready and win Arkansas-themed prizes! Hosted by our very own Swimming and Diving Coach Neil Harper!! This event is Tues., Sept. 24 from 5 to 7 p.m. in the Arkansas Union International Connections Lounge.

Embroidery with Frida!



Join us during Hispanic Heritage Month as we honor the iconic Frida Kahlo with a hands-on embroidery workshop! Hosted by Beatriz Segura, a talented Mexican artisan and owner of B Magic Craft Hands, this event will explore the therapeutic and creative power of embroidery. You will receive a beautiful embroidery kit featuring Frida's iconic designs and all the tools needed to bring them to life. [Space is limited, so register on Hogsync now!](#) Food will be provided at this event on Tue., Sept. 24 from 1 to 2:30 p.m. in the Arkansas Union International Connections Lounge.

Mini-Bytes

Hispanic Heritage Month continues this week with lots of events for you to attend. [Check out the story for a list on Arkansas News.](#) And look at [The Multicultural Center's Instagram](#) for specific event information.

Start your personalized fitness journey with UREC Personal Training! The Personal Training Starter Package includes two full one-hour sessions with an initial assessment included for \$64. [Register on the UREC member portal.](#)

Did you know the [U of A has a Rome Center?](#) and you can study there. [A panel discussion with students who studied at the Rome Center](#) will be held at 3:30 p.m. on Sept. 24 in the Graduate Student Lounge of Gearhart Hall (room 206) for students interested in studying in Rome.

Voter registration drive! [Come get registered to vote](#) TODAY, Mon., Sept. 23 from 11 a.m. to 2 p.m. at the Arkansas Union Mall with the Democracy Fellows student group.

Join UREC Outdoors for a FREE Beginner Top Rope Belay course! Learn how to top rope belay and climb in HPER, Gym 1. [Find multiple course dates and register on the UREC member portal.](#)

[Whether you choose](#) to walk, bike, scoot, skate, drive, or ride a bus we want to know how we can better support your transportation needs. [Respond to the 2024 Commuter Survey!](#)
