



HOG Bytes

Quick Bits of Information

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



Stick and Treat: Flu Vaccine Clinic

Come get your flu vaccine at Pat Walker Health Center's "[Stick and Treat](#)" flu vaccine clinic from Noon to 4 p.m. on Tue., Oct. 31 in the Walker Family Classrooms at the Health Center (rooms 1116-1118). There will be treats available to those that receive their flu vaccine at the clinic. Bring your student ID and insurance card to this first come, [first serve walk-in vaccine clinic](#).



CAPS Halloween Open House

Come to [CAPS Halloween Open House on Oct. 31 from 4 to 5 p.m.](#) on the second floor of the Pat Walker Health Center. You will get a tour of CAPS area, meet the staff, participate in pumpkin painting and pillow making, get free candy and swag. Feel free to wear a costume and bring a friend!



UARK Wellness Stress Awareness

Join [UARK Wellness and our campus and community partners from 11 a.m. to 2 p.m.](#), Wed. Nov. 1, on the Union Mall for a day all about stress in the best way you can imagine! You will find interactive, stress-relief activities, free swag, and the first 200 people to check in to the Wellness Hut will get a free mini bowl from Mamaka!



SOOIE October Involvement Fair

Join SOOIE for the [October Involvement Fair today, Oct. 30th from Noon to 2 p.m.](#) on the Union Mall. This involvement fair will feature several Registered Student Organizations (RSOs). This fair is a great opportunity for students to meet new individuals and get involved in organizations on campus. Food, drinks, and goody bags will be provided to all attendees.

The [Careers in Student Affairs Info Fair](#) is today, Oct. 30, from 11 a.m. to 2 p.m. in the Arkansas Union International Connections Lounge. Undergraduate and graduate students can learn about job opportunities in student affairs and higher education.

Complete The UREC No Excuse November Challenge by attending 12 group fitness classes between Nov. 1 and Dec. 8 and win a prize! [Register for classes on the UREC website.](#)

[Welltrack Boost](#) is a set of tools to help you assess, understand and work on your mental health and wellness. Download Welltrack Boost from the [Apple Store](#) or [Google Play](#) today, and register with your uark.edu email address.

[Health Reminder:](#) It is important to practice proper hygiene, especially good handwashing, at all times, on and off campus.
