



# HOG Bytes

## Quick Bits of Information

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

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### **Milk & Cookies!**

Whether you're craving a sweet treat or looking for a meaningful way to relax before finals, join us at the [Wellness Lounge for Milk and Cookies Night!](#) UARK Wellness will be serving tie-dye Rick's Bakery Cookies, gluten-free options, and more as we honor the legacy of Harvey Milk, a pioneering gay rights activist on Mon., Dec. 2 from 6 to 8 p.m. in the Wellness Lounge (PWHC 2132).



### **Knitflix and Chill!**

Get ready for a cozy night of holiday fun! Join UP in your comfiest pajamas for a magical winter themed [movie night showing of How the Grinch Stole Christmas starring Jim Carrey!](#) There will be various fiber crafts available, such as wreath making. Don't forget to bring your blanket and pillow for ultimate comfort. Warm up at our hot chocolate station with all the toppings you love. It's the perfect way to celebrate the season with crafts and cocoa on Mon., Dec. 2, from 6 to 8 p.m. in the Arkansas Union Verizon Ballroom.



### **Destress on the Hill**

[Come destress with University Programs between classes or as a study break from finals](#) in the International Connections Lounge in the Arkansas Union on Wed., Dec. 4, from 11 a.m. to 1 p.m. Pick between massages, coloring, and other goodies to destress.



## CAPS Play Day!

Take a much-needed break from studying and join Counseling and Psychological Services ([CAPS](#)) for [Play Day!](#) Participate in stress-relief activities, get a turn on the massage chair, eat some free food, and have play dates with dogs from Fayetteville Animal Services and K9s from UAPD on Thur., Dec. 5 from 10 a.m. to 2 p.m. in the Arkansas Union – International Connections Lounge.

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## Finals Study Break: Sleigh Your Stress!

[Join your librarians and classmates to sleigh your stress!](#) Join us in Mullins Library 439 for a study break with free snacks including hot chocolate, cookies, chips, soda and more! Take a break and enjoy coloring, Play-Doh, and button and friendship bracelet making. Stop by once or everyday Dec. 9, 10 and 11 between 11 a.m. and 8 p.m.

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## Mini-Bytes

[Join UARK Wellness at Mullins Library for coffee, tea, hot cocoa, scantrons](#), and wellness goodies for a study break on Mon., Dec. 2 from 2 to 4 p.m.

[Join University Programs for the Razorback Recharge](#), where you can kick back and relax with hot cocoa, crafts, and self-care on Tue., Dec. 3 from 5:30 to 7:30 p.m. in Arkansas Union 513-514.

Join University Recreation + Wellness for Candlelight Yoga to relax and unwind before finals on Tue., Dec. 3 from 12 to 12:45 p.m. and Thur., Dec. 5 from 7:30 to 8:15 p.m. Enjoy hot chocolate or tea after your practice. Registration opens in the [UREC Member Portal](#) 24 hours in advance of class times.

[Join Razorback Recovery for their 10-Year Celebration Open House](#) on Thur., Dec. 5 from 3 to 5 p.m. in the Wellness Lounge (HLTH 2132).

The Winter Bouldering Competition with UREC Outdoors is back on Dec. 5 from 6 to 9 p.m. at the UREC Hub (HPER 102). All skill levels are encouraged to take part. There will be free food and prizes. Registration closes on the [UREC Member Portal](#) at the time of the event.

[Check out this Arkansas News story for locations across campus that are offering additional study spots and/or extended hours for Finals.](#) Good luck with your Final Exams starting Mon, Dec. 9. Have a great semester break, and we'll see you in 2025!

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