



YOUR GUIDE TO

HEALTHY CHOICES

On the University of Arkansas Campus

success.uark.edu

DINING ON CAMPUS

Fueling our bodies = fueling our minds!

This is important to remember when faced with so many on-campus dining opportunities.

The University of Arkansas is lucky to have healthy options on every corner:

- Try the Slim's Salad or grilled strips at Slim Chickens
- Where the Wild Greens AR offers fresh, local, and healthy options
- If you want pizza for dinner, try pairing your slice with a salad from the salad bar at any dining hall
- Each dining hall offers vegetarian and vegan options too!



HITTING THE GYM?

The University of Arkansas offers several clean, socially distanced gym locations:

- Duncan Ave Apartments - Residents Only
- Hotz Honors Hall - Residents Only
- Reid Hall - Residents Only
- Donna Axum Fitness Center (HPER) - Open to all students/staff
- UREC Fitness Center (Arkansas Union) - Open to all students/staff

Read more about the current fitness center policies here:
<https://urec.uark.edu/facilities/facility-policies/index.php>



MENTAL HEALTH MATTERS

The University of Arkansas' Counseling & Psychological Services (CAPS) offers support to students during challenging times. Programming and appointments are delivered virtually this semester.

Learn more about CAPS here:

<https://health.uark.edu/mental-health/index.php>

Take a mental health break tonight, November 3rd, with Tai Chi and Talking - hosted by CAPS! This 30-minute event will be held via zoom beginning at 6PM

Zoom Link: <https://tinyurl.com/uarkmindful>

