A BAD ATTITUDE IS LIKE A FLAT TIRE, YOU CAN’T GO ANYWHERE UNTIL YOU CHANGE IT

Mar. 06 Mon
Birds of the Bayou City
Features live hawks and owls and will introduce us to the amazing world of birds we share our city with. Come learn all about birds, bird conservation and migration.
Time: 11:30AM-12:30PM
Location: One Main Welcome Center Tour Room
Public Events

Miss-Representation
Miss-Representation is a documentary arguing that the media—the most powerful communications force in our society—continues to fail women by excusing them to believe that a woman’s value remains primarily her beauty, youth, and sexuality/sensuality.
Time: 12:00PM-2:30PM
Location: Roberts Auditorium
Center for Student Diversity

Step Up!
This interval class uses a height adjustable step to keep your heart pumping!
Time: 12:30PM-1:00PM
Location: Student Life Center
Sports & Fitness

Mar. 07 Tue
Jillian Michaels
BODYSHRED
This high-intensity workout consist of choreographed step patterns to provide a solid workout. Jillian Michaels BODYSHRED is a high intensity exercise program based on 30 minute workouts.
Time: 12:00PM-12:30PM
Location: Student Life Center
Sports & Fitness

Transition from Military to Higher Ed
Dr. Hart will speak with students about finding a place in the university and drawing on the particular strengths that veterans bring to the university.
Time: 11:15AM-11:30PM
Location: One Main A 300
College of Humanities & Social Sciences

Women: Be Safe, Be Secure
A presentation by members of the UHD Police Department on what women can do to help keep themselves safe and secure both on campus and off.
Time: 12:00PM-2:30PM
Location: One Main 1-201
Center for Student Diversity

Mar. 08 Wed
Kickboxing!
Kickboxing is an action-packed workout that combines a series of punching and kicking combinations in order to improve strength, muscle tone, and endurance.
Time: 11:30AM-12:30PM
Location: Student Life Center Studio
Sports & Fitness

Town Hall Meeting
UHD will be hosting a Town Hall meeting to share information about the proposed new Sports and Fitness facility and the student fee associated with the building.
Time: 11:30AM-12:30PM
Location: One Main A 300
University of Houston-Downtown

Mar. 09 Thu
FMA General Meeting B
A fantastic opportunity for students to supplement their education and gain valuable, marketable hard skills.
Time: 2:00PM-3:30PM
Location: Shie Building Room B206
Financial Management Association

Mar. 10 Fri
Gardening Fridays! Garden with us, we get dirty!
Time: 10AM-12PM
Location: Sustainability Garden
Garden Club

STUDENT ACTIVITIES SUPPORTS ALL ORGANIZATIONS ON CAMPUS
FOR MORE INFORMATION CONTACT ELI AT ESANTIBANEZ@UHD.EDU