

Welcome Back ISO Family!

We hope you all had a wonderful spring break and are ready to tackle these next couple of weeks until finals! Let's finish the semester strong together!

What's Next?

Founder, Jaeni - a Tech-enabled Bespoke Women Western Workwear brand.
 A Chartered accountant, MBA (XLRI), Investment Banker turned into Entrepreneur, finding her way around a work-wear wardrobe.

WORK AESTHETICS

March 25th
 2 pm - 2:45pm CST
 Through ZOOM
 Zoom ID: 81932416578

International Students Organization
 University of Houston

[Join Zoom Here](#)

YOGA AT THE PARK

MARCH 26TH | 4PM | HERMANN PARK

No experience needed

Make sure to bring a mask, water and a mat or towel.
 We will meet by the Miller Outdoor Theater

Financial Literacy Workshop

Not sure how to create short and long term financial goals? Join us and learn about how to budget and manage your finances as a student!

April 1st | 5PM | Through Zoom

[Join Zoom Here](#)

A&F Info Session and Trivia Night

Learn about what the Administration and Finance department does on campus and how they can help you.

Join us after for a cultural trivia night and get a chance to win cool prizes!

April 15th | 5:30pm | Through Zoom

[Join Zoom Here](#)

Graduating soon?

LOOKING FOR GRAD PICTURES AT AN AFFORDABLE PRICE?

Check out our services!

Contact Thuan Tran or Luis Martinez
 isouh@uh.edu
 or message us through Instagram for more details
 @ISO_UH

ISO @ UNIVERSITY OF HOUSTON

SPORTS!

#REcharged & Ready to go!

WELCOME BACK! READY TO PICK UP WHERE WE LEFT OFF?

LOCATION CHALLENGE & *DICE WORKOUT CHALLENGE*

PRIZES AWAITS! COMPETITE TO WIN!

iso will give out giftcards to the participant with the most points! start to earn your points by complete challenges!

ATTENTION

Sleep on it... seriously!

- Good sleep can improve concentration and productivity
- Sleep affects emotions and social interactions
- Sleep improves your immune function
- Good sleep can maximize athletic performance

overall, it's a good idea to have enough sleep every night. your body needs the time to regenerate and recharge. lack of sleep not only brings your mood down, but it might also lower your immunity, meaning you will get sick more often.

Stay updated with our social media!
 Instagram: @iso_uh
 Facebook: @ISOofUH

Have more questions?
 Contact our sports manager
 Emmayural@gmail.com
 luimontes7@gmail.com

the ISO sports GroupMe!

GET IN CONTACT WITH US!

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Follow us on our socials below for the most up-to-date information or contact us at isouh@uh.edu for questions!

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