

**NATIONAL URBAN LEAGUE
CONFERENCE
2023**

HOUSTON
July 26-29
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Know Before You Go

July 26-29, 2023
Houston, Texas

Houston, We Have Lift Off!
**We Are Just Two Weeks Out From Conference and We've Got
Your Guide to All Things Urban League and H-Town Right Here.**

The highly anticipated 2023 National Urban League Conference is just around the corner! Get ready to join us in Houston for an exhilarating, empowering, and transformative four-day event. We can't wait to welcome attendees, participants, and partners for an unforgettable experience. Use this handy guide to help you pack and prepare, ensuring you're fully equipped to make the most out of this incredible journey. Let's make it a truly remarkable experience together!

Beat the Heat: Staying Safe This Conference

For those of us unfamiliar with summers in Texas, they are nothing to play with. Heat exhaustion and dehydration are very serious health conditions that can sneak up on you when you least expect it. Here are a few ways to stay safe in the Houston heat.

- Stay hydrated
- Wear sunscreen
- Avoid long periods of direct sunlight – especially if you are dressed in business casual
- Wear light, breathable clothing
- Bring a portable fan if necessary
- Be prepared for the humidity
- Have fun!

Observances

Join us in celebrating a remarkable milestone as we commemorate [Marc H. Morial's 20th Anniversary with the National Urban League](#). President Morial has made an indelible impact on the organization, tirelessly championing civil rights, urban advocacy, and social justice. As we honor this significant achievement, we recognize his unwavering commitment and dedication to advancing equality, equity, and empowerment for every individual served by the Urban League's network of affiliates nationwide.

What to Pack

The official attire for Conference is **business casual**. **Suit jackets are not required** unless noted. You'll have the opportunity to meet top leaders and influencers, celebrities, prospective employers, and more. Remember to dress the part and leave the best impression!

However, there are exceptions:

Urban League Fights for You Rally

We're kicking off this year's conference with the "Urban League Fights for You" rally on Civil Rights, Gun Safety, Women's Rights and Economic Justice Wednesday, July 26 @ 3:00pm – 4:00pm Join us and commit your voice to restoring and advancing the rights of women, communities of color, and other marginalized groups. The event will take place in front of Hall A in the Convention Center. **The event attire is business casual or casual attire.**

Urban League Live

Get ready to move your body and break a sweat as we celebrate Hip Hop's 50th anniversary Thursday, July 27th. Our DJs will take you on a journey from the Boogie Down Bronx to the Dirty South where you'll get to listen to rap hits from legends like the Sugar Hill Gang and dance to some of today's hottest chart toppers like Lil Baby. This year's Urban League LIVE is one you won't want to miss and won't forget. **Come through dressed to impress and add your own Hip-Hop flavor.**

Whitney M. Young, Jr. Awards Gala

The Whitney M. Young, Jr. Awards Gala on Friday, July 28 calls for **black tie/formal attire**.

Power Walk with Marc

Each year, National Urban League President and CEO Marc H. Morial hosts Power Walk with Marc in the spirit of fitness and fellowship. Pack your **sneakers and sportswear** and meet us on Saturday, July 29 at 6AM for a refreshing walk through the local community.

[Follow the Conference on Social #NULCONF23](#)

We encourage you to get social! Take photos and videos, share the tips and insights you're learning, and tap into larger conversations around important topics. Download our [social media toolkit](#) and use the sample messages and graphics on Facebook, Twitter, Instagram, etc. with the hashtag #NULCONF23.

Download our Mobile App

Whether you're joining us online or in-person, access this year's conference by downloading the [National Urban League Conference App](#) today. In addition to being your pass, it is the best way to stay on top of the latest conference updates, track your sessions, and connect with other conference attendees.

Connect with Us Online

Check out the [2023 Conference website](#) for complete event listings, schedules, speaker bios, and other useful information to guide you through our robust gathering.

Explore Houston with Lyft

The National Urban League is partnering with Lyft to offer individuals across the country an opportunity to round up the cost of their rides to the nearest dollar and donate the difference throughout the year.

As you use Lyft to and from Conference, out and about in Houston, and back in your hometown, your small donations, when combined with others, will support the National Urban League's mission of helping Black Americans and others in underserved communities achieve their highest true social parity, economic self-reliance, power, and civil rights.

To participate:

- Open your Lyft app.
- In the top left corner, select the three bars to open your profile window.
- Click on "Donate" towards the bottom of the list.
- Scroll down and select "National Urban League".

Help us "Lyft" up others! Share with your family and friends.

Experience Houston Black Restaurant Week

We are proud to partner with Black Restaurant Week to give you a taste of Houston. This year, restaurant week has *expanded its participation from restaurants to food trucks, sweets and more*. Check out the [list of participating restaurants!](#)

See you soon in Houston!