

**UAMS News Bureau**

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**Healthy Ager Project to Begin in March;  
Registration Deadline March 19**

LITTLE ROCK – The Healthy Ager Project, a program to help older adults improve their fitness level and quality of life while giving students a chance to know more about active seniors in the community, is being offered March 26-April 23 in Jonesboro. The deadline to enroll is March 19.

The program is presented by the Center on Aging-Northeast of the University of Arkansas for Medical Sciences (UAMS) and the College of Nursing and Health Professions at Arkansas State University (ASU).

It will be held Tuesdays and Thursdays for four weeks in the Reynolds Building on the ASU campus. Orientation will be from 1-3 p.m. March 26. For more information, call 207-7595 or 800-745-0557.

This program will focus on activities such as driving simulators, healthy cooking, and home visits, along with the Go4Life exercise plan. It will be provided by ASU doctoral-level physical therapy and bachelor's degree nursing students who will develop an individualized wellness/fitness program for 30 participants.





To enroll, participants must:

- Be 65 or older, or younger than 65 and disabled
- Obtain a release from a physician for participation
- Be able and willing to travel twice weekly to the ASU campus between March 26 and April 23

The Center on Aging-Northeast is part of the UAMS Donald W. Reynolds Institute on Aging. Program support is also provided by St. Bernards Healthcare.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W.

Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health and Healthcare Innovation. It is the only adult Level 1 trauma center in the state. UAMS has 2,727 students, 870 medical residents and five dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's Hospital, the VA Medical Center and Baptist Health. Visit [www.uams.edu](http://www.uams.edu) or [www.uamshealth.com](http://www.uamshealth.com). Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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