

UAMS News Bureau

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UAMS Couples Seminar to be Held March 26-April 16

LITTLE ROCK — The Couples Center at the University of Arkansas for Medical Sciences (UAMS) is holding a four-part series designed to help couples of all ages revive their relationship and gain a better understanding of the issues they face throughout the length of their partnership.

The relationship enrichment series will be held from 6-8 p.m. March 26 and April 2, 9 and 16 in the lobby gallery of UAMS Medical Center. Parking is free and light snacks will be provided.

The cost of attending all four sessions is \$250. To register, visit www.relationshipenrichment2019.eventbrite.com. For more information, call 501-526-8100 or email thecouplescenter@uams.edu.

The series, presented by The Couples Center director, Chelsea Wakefield, Ph.D., who is also a licensed clinical social worker, will cover topics such as “The Dance of Two – Relationship as a Path of Personal Growth,” “How to Communicate Needs and Desires in Ways that Engage Rather than Alienate,” “Working Through Sexual Difficulties – Exploring the Mystery of Desire” and “Meaningful Connection – How to Get There and Stay There.”

“All couples can benefit from this kind of experience,” said Wakefield. “We’ve offered this series in the past and it’s proven to be very popular and extremely helpful. It’s important for couples to continue to grow and these sessions will help couples grow whether they are just dating, newly married, or celebrating fifty years of marriage.”

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.

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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 & 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 or www.uamshealth.com. Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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