

UAMS News Bureau

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**UAMS Oaklawn Center on Aging Offering
'Chronic Pain Self-Management' Workshop Starting May 10**

LITTLE ROCK — The Oaklawn Center on Aging, a program of the University of Arkansas for Medical Sciences (UAMS), is offering a six-week Chronic Pain Self-Management workshop at no cost to participants starting May 10 at 101 McGowan Court in Hot Springs.

The Oaklawn Center on Aging is part of the UAMS Donald W. Reynolds Institute on Aging and is funded by the Oaklawn Foundation. For more information or to enroll in the free program, call the UAMS Oaklawn Center on Aging at 501-623-0020 or go online at www.oaklawncenteronaging.com.

The workshop is from 9-11:30 a.m. each Friday from May 10-June 14.

Participants make weekly action plans, share experiences and help each other solve problems they encounter in creating and carrying out their self-management program. This program is evidenced based and has been reviewed by physicians and other health professionals, both at Stanford University and in the community.

“It is the process in which the program is taught that makes it effective,” said Kathy Packard, the center’s education director. “Class participation is high, and mutual support and success build confidence in their ability to manage their health and maintain active and fulfilling lives.”

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 & 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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