

**UAMS News Bureau**

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**News Release  
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**Better Breathers Support Group  
to Meet Oct. 3 in Blytheville**

LITTLE ROCK - The Better Breathers COPD Support Group will present Basic Lung Anatomy from 2-3 p.m. Oct. 3 at the Blytheville Senior Citizens Center, 1101 David Lane in Blytheville.

The group meets in support of people with chronic obstructive pulmonary disorder (COPD), their families and caregivers. The speaker will be Belinda Stillwell, an Arkansas Department of Health nurse specializing in chronic disease management.

The program is sponsored by the Center on Aging-Northeast of the University of Arkansas for Medical Sciences (UAMS) and Kindred at Home.





The Better Breathers Club is open to the public and will meet the first Thursday of every month from 2-3 p.m. at Blytheville Senior Citizens Center. For more information or to register, call 870-207-7595.

The American Lung Association's Better Breathers Club is led by a registered nurse and respiratory therapist and provides ways to better manage lung disease while getting the support of others with similar experiences. Chronic obstructive pulmonary disease is a long-term lung disease that makes it hard to breathe.

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 & Innovation. It is the only adult Level 1 trauma center in the state. *U.S. News & World Report* named UAMS Medical Center the state's Best Hospital; ranked its ear, nose and throat program among the top 50 nationwide; and named six areas as high

performing — cancer, colon cancer surgery, heart failure, hip replacement, knee replacement and lung cancer surgery. 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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