

UAMS News Bureau

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**UAMS Brain Injury Program to Offer
Free Virtual Workshop Feb. 16**

LITTLE ROCK — The [UAMS Institute for Digital Health and Innovation’s Brain Injury Program](#) will host a virtual workshop, “Strategies for Memory and Mood,” Feb. 16 to connect anyone affected by a traumatic brain injury (TBI) to helpful resources and support.

The virtual event is free, open to the public and will be held from noon to 2 p.m. To register and receive the Zoom link, call 501-526-7656 or visit their [Eventbrite page](#).

The Institute for Digital Health and Innovation’s Brain Injury Program has partnered with several entities throughout the state to provide educational and professional resources for people living with a TBI, including information for their family members, caregivers and health care providers.

Workshop attendees will learn about free resources, digital health clinics, a free 24/7 TBI nurse triage call center, virtual TBI support groups and more. In addition to interactive discussions, the keynote speaker, Chrystal T. Fullen, Psy.D, will discuss strategies for improving memory and mood.

UAMS is the state’s only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; a 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. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS’ clinical enterprise. UAMS is the only adult Level 1 trauma center in the state. UAMS has 3,240 students, 913 medical residents and fellows, and five dental residents. It is the state's largest public employer with more than 11,000

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employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's, 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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