

**UAMS News Bureau**

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**News Release**  
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**UAMS Brain Injury Program to Offer  
Free Virtual Workshop Nov. 21**

LITTLE ROCK — The [UAMS Institute for Digital Health and Innovation’s Brain Injury Program](#) will host a virtual workshop on Nov. 21 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 [tinyurl.com/BIPNOV21ST](http://tinyurl.com/BIPNOV21ST).

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 brain injury, including information for their family members, caregivers and health care providers.

Workshop attendees will learn about free Arkansas resources, digital health clinics, a free 24/7 Brain and Spine call center, brain injury support groups and more. In addition to interactive discussions, keynote speaker Bridget Hearne will present, “I Am Worthy of Rest: Yoga Nidra for Sleep after Brain Injury.”

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 eight 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, Institute for Digital Health & Innovation and the Institute for Community 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 3,485

students, 915 medical residents and fellows, and seven dental residents. It is the state's largest public employer with more than 11,000 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](http://www.uams.edu) or [www.uamshealth.com](http://www.uamshealth.com). Find us on [Facebook](#), [X \(formerly Twitter\)](#), [YouTube](#) or [Instagram](#).

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