

UAMS News Bureau

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News Release
Sept. 25, 2025

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UAMS To Host Popular Girlology® Puberty Session on Oct. 5

LITTLE ROCK — The University of Arkansas for Medical Sciences (UAMS) is bringing back the popular Girlology® puberty session on Oct. 5 to help girls face puberty with greater confidence.

Held from 2-4:30 p.m. in the 12th floor auditorium of the Jackson T. Stephens Spine & Neurosciences Institute, the event is for girls ages 8-14, accompanied by a parent or other caregiver.

During Girlology®, attendees will learn about growth and development; bras and bra shopping; hygiene and hair management; nutrition and growth; menstruation and menstrual hygiene; respect for self and others; moods and emotions; and internet safety and curiosity.

The 2.5-hour course will be taught by UAMS physicians from the Department of Obstetrics and Gynecology — Nirvana Manning, M.D., department chair and professor; Laura Hollenbach, M.D., associate professor; and Kathryn Stambough, M.D., assistant professor in the department's Division of Pediatric and Adolescent Gynecology who sees patients at Arkansas Children's Hospital.

“Many parents find it difficult to talk about puberty with their children. This program is designed to make it easier to start these important conversations,” Manning said. “With Girlology®, our goal is to create a safe space for families where physicians provide medically accurate information, create a shared experience and keep the lines of communication open in the future.”

The cost is \$30, although scholarships are available for those who cannot afford that amount.

For more information or to register for the event, visit uams.health/girlology.

UAMS held its first Girlology® session in August 2022. Approximately 220 girls and their accompanying adults attended the inaugural event. Since then, several more sessions have been held, and more than 1,200 families have attended.

“We are so excited that the program continues to grow, and we are so thankful that we’ve been able to bring this curriculum to Arkansans,” said Manning.

Girlology® is a physician-led digital health app that supports girls and their caregivers through on-demand video, resources and live events.

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

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