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**UAMS Barbershop Talk Presents
Men’s Health Panel June 19 at Robinson Center**

LITTLE ROCK — The University of Arkansas for Medical Sciences (UAMS) Fay W. Boozman College of Public Health Barbershop Talk research team will host, “Beyond the Field, Real Talk on Health, Success and Life After the Game.”

This free event takes place 2 p.m., Friday, June 19, at the Robinson Center in downtown Little Rock. The event is presented in partnership with Mosaic Templars Cultural Center, the Little Rock Convention & Visitors Bureau, and the City of Little Rock. Barbershop Talk will also host a men’s health lounge, where attendees can learn more about the study and participate in guided meditation and mobility exercises starting at 11 a.m.

Darren McFadden and Fred Taylor — both of whom are former National Football League running backs — are the featured guests. Tiffany Haynes, Ph.D., associate professor in the College of Public Health, will serve as event moderator.

Men’s health, mental wellness, alcohol abuse, and dealing with immense stress are among the various topics slated for discussion.

Camille Hart, Barbershop Talk research program director, said the forum is for people of all ages and serves as an outlet to have a candid dialogue about mental health.

“Unfortunately, there’s a negative stigma attached to substance use and mental health,” she said. “Hosting this forum with two well-known former athletes can help people overcome that stigma as we have honest discussions about life and mental health. When it comes to mental health issues, at times, people think that it’s only them. They’re by themselves. Conversations like what we’re having will show that none of us are ever alone in needing mental health assistance.”

Barbershop Talk is a research project that aims to improve men’s health. Launched in August 2023, it has reached its recruitment goal of 60 Arkansas barbershops spanning 14 counties and enrolled 611 men.

The panel is the latest in a series of community-based events hosted by Barbershop Talk, that help people view health and wellness in a real world, practical manner.

Taylor will provide insight throughout the event. In recent years, Taylor has built a substantial social media presence thanks to being a cohost of The Pivot podcast. The podcast addresses hot societal topics and presents in depth interviews with people from all walks of life.

“Fred has openly shared info about his mental health journey,” Hart said. “He’s shared how he’s dealt with anxiety and the steps he has taken to address the situation.”

McFadden — who was twice a finalist for the Heisman Trophy while attending the University of Arkansas at Fayetteville — will speak about his path to overcoming alcohol abuse and extreme stress. McFadden, a Little Rock native, first began drinking at 15 years old, but is now nearing three years of sobriety.

The Barbershop Talk team is eager to once again interact with the community and help address a health situation that impacts many.

“Beyond the Field is about becoming better overall,” Hart said. “This event represents an opportunity for growth. This is also an opportunity to network. At our events, you never know who is there.”

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 3,553 students and 1,015 medical residents and fellows. It is the state’s largest public employer with about 12,000 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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