

UAMS News Bureau

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**UAMS to Host Popular Girlology®
Puberty Session in Northwest Arkansas on Sept. 20**

FAYETTEVILLE — The University of Arkansas for Medical Sciences (UAMS) will host Girlology® on Sept. 20 to help girls face puberty with greater confidence.

Girlology® will be held from 1-3:30 p.m. at Asbell Elementary School, 1500 N. Sang Ave., in Fayetteville. The event is for girls ages 8-14, accompanied by a parent or other caregiver.

“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,” said Nirvana Manning, M.D., professor and chair of the UAMS Department of Obstetrics and Gynecology. “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.”

“We’re so excited to bring the Girlology® program back to Northwest Arkansas,” she added.

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.

In addition to Manning, Girlology® is taught by UAMS physicians from the Department of Obstetrics and Gynecology — Laura Hollenbach, M.D., associate professor; and Kathryn Stambough, M.D., an assistant professor in the department’s Division of Pediatric and Adolescent Gynecology who sees patients at Arkansas Children’s Hospital.

The cost is \$50, although scholarships are available for those who cannot afford that amount.

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For more information or to register, visit uamshealth.com/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, including several in Northwest Arkansas, and nearly 2,000 families have attended.

Girlology® is a physician-led digital health app that support youths 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 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 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 1,030 medical residents and fellows and two dental residents. 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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