

**UAMS News Bureau**

Office of Communications & Marketing  
4301 West Markham # 890  
Little Rock, AR 72205-7199

[uamshealth.com/news](http://uamshealth.com/news)



**News Release**  
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**Media Contacts:**

Leslie W. Taylor, 501-686-8998  
Wireless phone: 501-951-7260  
[leslie@uams.edu](mailto:leslie@uams.edu)

Liz Caldwell, 501-686-8995  
Wireless phone: 501-350-4364  
[liz@uams.edu](mailto:liz@uams.edu)

**Oct. 25 Science Café — ‘Prequels to Great Health’**

LITTLE ROCK — Science Café Little Rock, co-sponsored by the [University of Arkansas for Medical Sciences](http://University of Arkansas for Medical Sciences) (UAMS), will hold its next public forum, *Prequels to Great Health*, on Oct. 25. Panelists will discuss the different ways people can stay in shape, let go of stress, eat better and ultimately keep healthy longer.

Science Café will be from 7-9 p.m. at Whole Hog Café, 12111 W. Markham St. Science Café is a relaxed opportunity for monthly exchanges with various experts. No reservations are needed, but seating is limited. Admission is free.

This month’s panel will include: Reza Hakkak, Ph.D., professor in UAMS College of Health Professions; Sara Fulton-Koerbling, community liaison for Whole Foods Market; and Ben Sigel, Ph.D., assistant professor in the UAMS Psychiatric Research Institute.

The corresponding live call-in program, “Science Café Little Rock,” on National Public Radio-affiliate station KUAR FM89, is on hiatus this month, but will return in November.

Science Café forums are held on the fourth Tuesday of the month, except for July, August and December. Check out the website for more information on monthly speakers and topics at [www.sciencecafelr.com](http://www.sciencecafelr.com). For more information on future Science Café events or to suggest topics and speakers, contact Science Café director Linda Williams, research liaison in the UAMS Office of Research, at 501-686-7418. To join the listserv and receive news on monthly speakers and events, send an email with “subscribe” in the subject field to [sciencecafelr@gmail.com](mailto:sciencecafelr@gmail.com). Science Café was created in partnership with UAMS, Arkansas Biosciences Institute, Aristotle, KUAR-FM 89.1 and the Central Arkansas Section of the American Chemical Society.

UAMS is the state's only comprehensive academic health center, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; a hospital; a northwest Arkansas regional campus; a statewide network of regional centers; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, the Jackson T. Stephens Spine & Neurosciences Institute, the Myeloma Institute, the Harvey & Bernice Jones Eye Institute, the Psychiatric Research Institute, the Donald W. Reynolds Institute on Aging and the Translational Research Institute. It is the only adult Level 1 trauma center in the state. UAMS has 3,021 students, 789 medical residents and five dental residents. It is the state's largest public employer with more than 10,000 employees, including about 1,000 physicians and other professionals who provide care to patients at UAMS, Arkansas Children's Hospital, the VA Medical Center and UAMS regional centers throughout the state. Visit [www.uams.edu](http://www.uams.edu) or [www.uamshealth.com](http://www.uamshealth.com). Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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