

UAMS News Bureau

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Relationship Enrichment Series Aimed At Helping Couples

LITTLE ROCK – Struggling with what to get your significant other for Valentine’s Day this year? Why not give the gift of a more meaningful relationship!

The University of Arkansas for Medical Sciences (UAMS) Couples Center is hosting a four-week relationship enrichment series, designed to help couples make their bond stronger, happier and healthier. The series will be held Feb. 13, 20, and 27 and March 6, from 7 to 9 p.m., in the UAMS Lobby Gallery. The cost is \$250 per couple.

The sessions will be led by Chelsea Wakefield, Ph.D., L.C.S.W., director of the Couples Center and nationally recognized psychotherapist and author, who is highly trained in helping with problems related to relationships.

The topics of the sessions are “The Dance of Two – Relationship as a Path of Personal Growth,” “How to Communicate Needs and Desires in Ways that Engage Rather than Alienate,” “Working Through Sexual Difficulties – Exploring the Mystery of Desire” and “Meaningful Connection – How to Get There and Stay There.”

Parking is free and light snacks will be provided. To register, visit uamsrelationshipenrichment.eventbrite.com. For more information, call (501) 526-8100.

“This series is designed to help all couples, no matter what age or stage they are at in their relationship,” said Wakefield. “The Couples Center is devoted to providing good information, and teaching people the skills and tools that will help couples get through rough patches in their relationship or enrich an already good relationship.”

UAMS is the state’s only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; northwest Arkansas regional campus; statewide network of regional centers; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Myeloma Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging and Translational

Research Institute. It is the only adult Level 1 trauma center in the state. UAMS has 2,834 students, 822 medical residents and six dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses throughout the state, Arkansas Children's Hospital, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on Facebook, Twitter, YouTube or Instagram.

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