

Medical Matters **SERIES**

SPRING 2026

Understanding Dementia

This three-session course helps participants better understand dementia by exploring common behaviors, triggers, and strategies for responding thoughtfully. Attendees will leave with practical insights for supporting individuals living with dementia.

Thurs	6:30pm - 7:30pm	2/5, 2/12, 2/19	Maddox 110	3	\$50
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Outside the Box: *Strategies for Working with Children with Neurodivergent Diagnoses*

Working with children who've been diagnosed with ADHD, autism spectrum disorder, and other neurodevelopmental differences requires alternative practices. This seminar provides practical strategies for supporting children with diverse learning and developmental needs. Participants will learn approaches to help children thrive at home, school, and in the community. Proceeds from the seminar will be donated to Ouachita Children's Coalition in Mena, AR.

Mon	5:00pm - 6:00pm	3/2	Spencer Lecture Hall	1	\$20
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Is it hot in here? *Understanding and Dealing with Menopause and Perimenopause*

This informative seminar explores the physical and emotional changes of menopause and perimenopause. Participants will learn practical strategies for managing symptoms and maintaining health and well-being during this transition. Proceeds from the seminar will be donated to the Arkansas Period Poverty Project.

Mon	5:00pm - 6:00pm	3/9	Spencer Lecture Hall	1	\$20
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Caring for Persons with Dementia

This course provides practical guidance for supporting individuals with dementia, covering daily care, communication strategies, and approaches for managing common challenges with compassion and confidence.

Thurs	6:30pm - 7:30pm	3/5, 3/12, 3/19	Maddox 110	3	\$50
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