

UAMS News Bureau

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Freedom From Smoking Program to Begin May 18 at UAMS

LITTLE ROCK – Anyone ready to quit smoking is invited to participate in a free seven-week program at the University of Arkansas for Medical Sciences (UAMS).

Freedom from Smoking will meet from 4-5:30 p.m. for seven Wednesdays beginning May 18 in the UAMS College of Public Health, Room 3/204.

To register, contact certified tobacco treatment specialist Pat Franklin, APRN, at (501) 944-5934 or plfranklin@uams.edu.

The fourth week will include one additional session. There is no cost to participate and free parking is available.

Participants receive one-on-one support, hear first-hand stories from former smokers, and get information on how to manage stress, avoid weight gain and stay smoke free for life.

Since it was introduced by the American Lung Association (ALA) almost 30 years ago, the Freedom from Smoking program has helped more than a million Americans end their addiction to nicotine. The program is offered by the UAMS Winthrop P. Rockefeller Cancer Institute and uses materials provided by the ALA.

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

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trauma center in the state. UAMS has 2,890 students and 782 medical 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 or www.uamshealth.com, or find us on [Facebook](#).

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