

UAMS News Bureau

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**UAMS to Offer 7-Week Freedom From Smoking
Program Starting March 8**

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).

The small-group Freedom from Smoking program will meet from 4-5:30 p.m. for seven Wednesdays beginning March 8 in room 10104 on the 10th floor of the UAMS Winthrop P. Rockefeller Cancer Institute. There is no cost to participate.

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

Participants receive one-on-one support, hear first-hand stories from former smokers, and get information on nicotine replacement therapies, healthy eating habits and stress management.

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 trauma center in the state. UAMS has 2,870 students, 799 medical residents and five dental residents. It is the state's largest public employer with more than 10,000

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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. Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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