

UAMS News Bureau

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**UAMS to Offer 7-Week Freedom From Smoking
Program Starting Jan. 23**

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

The small-group Freedom from Smoking program will meet from 5-6:30 p.m. for seven Tuesdays starting Jan. 23 at 900 John Barrow Road. There is no cost to participate.

To register, contact certified tobacco treatment specialist Pat Franklin, A.P.R.N., 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 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

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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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