

UAMS News Bureau

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**UAMS to Offer 7-Week Freedom from Smoking
Group Starting Oct. 10**

LITTLE ROCK –A free seven-week program sponsored by the University of Arkansas for Medical Sciences (UAMS) is ready to help smokers kick the habit.

The small-group Freedom from Smoking program will be offered from 5-6:30 p.m. for seven Wednesdays starting Oct. 10 in the Rahn Interprofessional Education Building at UAMS. There is no cost to participate.

Advance registration is required by contacting certified tobacco treatment specialist Claudia Barone, D.N.P., Ed.D., at BaroneClaudiaP@uams.edu or 501-686-7997.

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, Freedom from Smoking has helped more than 1 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 six institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences 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 2,727 students, 822 medical residents and five 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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