

UAMS News Bureau

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**UAMS to Offer Free 4-Week
Stop Smoking Support Group Starting Jan. 15**

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

The small-group Stop Smoking Support Group will be offered from noon-1 p.m. for four Wednesdays starting Jan. 15 in the Strauss McCaskill Classroom on the 10th floor of the UAMS Winthrop P. Rockefeller Cancer Institute.

Advance registration is required by contacting 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.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven 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, Translational Research Institute and Institute for Digital Health & Innovation. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS' clinical enterprise including its hospital, regional clinics and clinics it operates or staffs in cooperation with other providers. UAMS is the only adult Level 1 trauma center in the state. *U.S. News & World Report* named UAMS Medical Center the state's Best Hospital; ranked its ear, nose and throat program among the top 50 nationwide; and named six areas as high performing — cancer, colon cancer surgery, heart failure, hip replacement, knee replacement and lung cancer surgery. UAMS has 2,727 students, 870 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, 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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