

UAMS News Bureau

Office of Communications & Marketing
4301 West Markham # 890
Little Rock, AR 72205-7199

uamshealth.com/news



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Media Contacts:

Leslie W. Taylor, 501-686-8998
Wireless phone: 501-951-7260
leslie@uams.edu

Liz Caldwell, 501-686-8995
Wireless phone: 501-350-4364
liz@uams.edu

UAMS to Offer Free Online Smoking Cessation Class

LITTLE ROCK — Start the new year tobacco free with help from the University of Arkansas for Medical Sciences (UAMS).

A series of six free, weekly online classes titled Quit & Stay Quit Mondays will begin at 11:30 a.m. Jan. 4. Individual goal-setting consultations also are available for anyone who desires to quit smoking.

To register for classes or consultations, call 501-526-5448 and leave a message with your name and number or email LDCullers@uams.edu. Participants will receive a call or email with registration confirmation and login instructions.

Preregistration is required for each class session by noon on Wednesday prior to the class you wish to attend. To participate in the Jan. 4 class, participants must register by noon Dec. 30. All classes and consultations are conducted by certified tobacco cessation specialists.

Quit & Stay Quit Mondays highlights key practices that can help a person quit smoking and introduces the idea of using Monday as a recurring day to start quitting again.

The entire course series will repeat three times, ending on May 17. Participants may choose to attend any or all of the one-hour sessions:

- **Jan. 4, March 1 and April 12** - Alphabet Soup: Going from A – Z on the continuum of change. Before setting a quit day, you can start quitting.
- **Jan. 11, March 8 and April 19** - Cold Turkey or Slow Turkey: Cessation options, medications and making a choice.
- **Jan. 18** – Class is canceled in observance of Martin Luther King Jr. Day.
- **Jan. 25, March 15 and April 26** - Quit Tobacco? That's Easy. Done it a Million Times: Practical tips for turning setbacks into success.
- **Feb. 1, March 22 and May 4** - Letting Go: Preparing for Quit Day.
- **Feb. 8, March 19 and May 10** - Been There, Done It: Panel of ex-smokers share their journey from smoker to non-smoker.
- **Feb. 15** – Class is canceled in observance of Presidents' Day.

- **Feb. 22, April 5 and May 17** - My Friend, My Enemy: Health risk of smoking, recovery timeline and a personal letter to “My Friend, My Enemy.”

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 — COPD, colon cancer surgery, heart failure, hip replacement, knee replacement and lung cancer surgery. UAMS has 2,876 students, 898 medical residents and four 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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