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Smoking cessation program offered in advance of state smoking ban

By Eric Reikowski, staff writer

Oakland University will offer a free six-week smoking cessation course starting Thursday, March 4. Sponsored by Beaumont Hospital, the sessions will take place every Thursday from noon-1 p.m. in the Oakland Center and will be led by a trained facilitator.

With Michigan workplaces going smoke-free on May 1, the classes present an ideal opportunity for smokers to kick the habit once and for all, according to Nancy Jansen, director of Graham Health Center.

The classes will be conducted using the American Lung Association's "Freedom from Smoking" program, which has been helping smokers say no to nicotine for more than 25 years.

A comprehensive and proven method of smoking cessation, the program addresses both the physiological addiction to nicotine as well as the psychological, social and emotional aspects of the smoking habit. In fact, research shows that individuals who complete the program are six times more likely to be smoke free one year later.

Registration is limited to 30 participants. Those interested can reserve a spot by contacting Julie Proctor at (248) 370-2341 or jkproctor@oakland.edu.

SUMMARY

Created by David Groves (groves@oakland.edu) on Friday, February 12, 2010
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