



Thursday, May 1, 2003

OU to help people break free from smoking

Oakland University's **Graham Health Center** is hosting the American Lung Association's program offering a chance to gain freedom from smoking.

"This program is an excellent opportunity to quit smoking and start leading a healthier lifestyle," said Kathy Pecha, RN, BSN, nurse educator at Graham Health and Counseling Center." We offer professional group support for individuals who want to beat the addiction to cigarettes."

This unique program runs from May 13 through June 24. Sessions are on Tuesdays, May 13, 20, 27; Friday, June 6; and Tuesdays, June 10, 17 and 24, from noon to 1:30 p.m. at Graham Health Center.

A free orientation class is set for Tuesday, May 13, from noon to 1:30 p.m. in the **Graham Health Center**.

The cost for the program is \$50 for students, which can be billed on their student account, and \$70 for faculty, staff and community members.

For more information or to register for the class, call (248) 370-2341.

SUMMARY

Oakland University's Graham Health Center is hosting the American Lung Association's program offering a chance to gain freedom from smoking.

Created by CareTech Administrator (webservices@caretechsolutions.com) on Thursday, May 1, 2003

Modified by CareTech Administrator (webservices@caretechsolutions.com) on Thursday, May 1, 2003

Article Start Date: Thursday, May 1, 2003

Article End Date: Thursday, May 1, 2003