



Friday, June 23, 2000

## OU to help people break free from smoking

Oakland University's Graham Health Center in coordination with the American Lung Association is offering a chance to gain Freedom from Smoking. This is a unique program to help people stop smoking that will begin Tuesday, July 11 at the Graham Health and Counseling Center on the university's campus from 11:45 a.m.-1:15 p.m. or 6-7:30 p.m.

"We are happy to be able to provide this service to help people start living healthier lives by quitting smoking," said Amanda Mack, RN at OU's Graham Health and Counseling Center. "More and more we hear about severe health risks that are direct results from smoking and people need to realize the danger they are putting themselves in by continuing to smoke.

The sessions will be held Tuesday, July 11 and 18, Thursday, July 27, Tuesday, August 1, Thursday, August 3, Tuesday, August 8, 15 and 22.

The cost for the program is \$35 for students and \$50 for non-students. To register for the class or for more information call (248) 370-2341.

Oakland University is a comprehensive state-supported institute of higher education located in Oakland County, Michigan. The university has 109 bachelor's degree programs and 63 graduate degree and certificate programs. Dedicated to preparing learners for the 21st century workplace and society, Oakland University is organized into the College of Arts and Sciences and the Schools of Business Administration, Education and Human Services, Engineering and Computer Science, Health Sciences, Nursing; and the Honors College.

### SUMMARY

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