



Monday, September 17, 2001

OU to help people break free from smoking

Oakland University's **Graham Health and Counseling Center** is hosting "Freedom from Smoking," an American Lung Association program, which helps people stop smoking.

"This program is an excellent opportunity to quit smoking and start leading a healthier lifestyle," said Amanda Mack, RN at OU's Graham Health and Counseling Center. "We offer professional and group support for individuals who desire to beat the addiction to cigarettes."

Program sessions are from 6 to 7:30 p.m. on September 26, October 3, 10, 12, 17 and 24, and November 7. A free orientation is set for Wednesday, September 19, from 6 to 7:30 p.m. in the Graham Health Center.

Cost of the program is \$50 for students and \$70 for faculty, staff and the public.

To register for the class or for more information, call the **Graham Health and Counseling Center** at (248) 370-4695.

SUMMARY

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