



Monday, January 13, 2003

OU to help people break free from smoking

Oakland University's **Graham Health Center** is hosting the American Lung Association's Freedom from Smoking program. This unique, quit-smoking program runs Tuesday, Jan. 14, through Tuesday, March 4, at Graham Health Center. A free orientation is set for Tuesday, Jan. 14, from noon to 1:30 p.m. at Graham Health Center.

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

The sessions are scheduled for Tuesday, Jan. 14; Tuesday, Jan. 21; Tuesday, Jan. 28; Tuesday, Feb. 4; Friday, Feb. 7; Tuesday, Feb. 11; Tuesday, Feb. 18; and Tuesday, March 4, from noon to 1:30 p.m.

The cost for the program is \$50 for students and \$70 for OU staff and community members.

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

SUMMARY

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