



Wednesday, March 20, 2002

OU to help people quit smoking

Oakland University is hosting the American Lung Association's program that helps people kick the smoking habit. The program runs from 11:30 a.m.-1:30 p.m. March 25 through May 6 at the **Graham Health Center**. Free orientation is Friday, March 22, from noon-1 p.m.

"This program is designed for people who desire to successfully beat the addiction to nicotine," said Jodi Brucia, R.N., Ph.D., nurse practitioner and the program facilitator. "With our professional and group support, this is an excellent opportunity to kick the cigarette habit and start leading a healthier lifestyle."

The sessions are March 25, April 1, April 8, April 10, April 15, April 22 and May 6.

Cost of the program is \$50 for students and \$70 for staff and community. For more information or to register, call (248) 370-2344.

SUMMARY

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