

WANT TO QUIT SMOKING OR VAPING?

**Attend a one-hour walk-in class
and get same day treatment!**

2026 Classes: Wednesdays at 0900:

January 7th and 21st
February 4th and 18th
March 4th and 25th
April 1st and 15th and 29th

May 13th
June 3rd and 24th
July 1st and 15th and 29th

Pulmonary Clinic

Building 2, 2nd Floor

For more information, email:

dha.hampton-roads.portsmouth-nmc.mbx.nmcp-smokingcessation@health.mil

