



WANT TO QUIT SMOKING OR VAPING?

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

2025 Classes: Wednesdays at 0900:

July 2nd & 16th
August 6th and 20th
September 3rd and 24th

October 1st and 15th
November 5th and 19th
December 3rd and 17th

Pulmonary Clinic

Building 2, 2nd Floor

For more information, email:

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