



# WANT TO QUIT SMOKING OR VAPING?

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

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2025 Classes: Two Wednesdays a month at 9 am

January 8<sup>th</sup> & 29<sup>th</sup>

April 2<sup>nd</sup> & 16<sup>th</sup>

February 5<sup>th</sup> & 19<sup>th</sup>

May 7<sup>th</sup> & 21<sup>st</sup>

March 5<sup>th</sup> & 26<sup>th</sup>

June 4<sup>th</sup> & 18<sup>th</sup>

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**Pulmonary Clinic**

Building 2, 2<sup>nd</sup> Floor

For more information, email:

[dha.hampton-roads.portsmouth-nmc.mbx.nmcp-smokingcessation@health.mil](mailto:dha.hampton-roads.portsmouth-nmc.mbx.nmcp-smokingcessation@health.mil)