

WANT TO QUIT SMOKING OR VAPING?

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

2026 Classes: Wednesdays at 0900:

August 12th and 26st
Sept 9th and 23rd
October 7th and 21st
November 4th and 18th

December 2nd and 16th

NMCP Pulmonary Clinic
Building 2, 2nd Floor

For more information, email:

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

