

# 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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2026 Classes: Wednesdays at 0900:

January 7<sup>th</sup> and 21<sup>st</sup>  
February 4<sup>th</sup> and 18<sup>th</sup>  
March 4<sup>th</sup> and 25<sup>th</sup>  
April 1<sup>st</sup> and 15<sup>th</sup> and 29<sup>th</sup>

May 13<sup>th</sup>  
June 3<sup>rd</sup> and 24<sup>th</sup>  
July 1<sup>st</sup> and 15<sup>th</sup> and 29<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)

