



# FREE help to stop smoking or vaping

- Receive personalized counselling support and education by a doctor or nurse
- Learn more about products to help you stop smoking or vaping
- Appointments available in person, by phone or video

**No referral needed.  
Book your appointment now.**

## Did you know...

- Tobacco use remains the leading cause of preventable death in Canada
- Within 24 hours of not smoking or vaping, there are positive health benefits, including improved lung health

## VGH Smoking Cessation Clinic

Gordon and Leslie Diamond Health Care Centre

2775 Laurel Street (6th floor)  
Vancouver, B.C.

**604-875-4800 (select option 2)**  
[cessationclinic@vch.ca](mailto:cessationclinic@vch.ca)

Vancouver   
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