



Are you ready for flu season?

The best way to protect yourself and your family is to get the seasonal flu shot.

2011 Seasonal Influenza (Flu) Immunization Clinics

Niagara Region Public Health is offering free seasonal flu immunization clinics at the times and locations listed below. Unless there is a medical reason not to, **everyone six months of age and older can benefit from getting the seasonal flu shot.** No appointments necessary.

- For best protection against influenza, yearly immunization is recommended.
- Please wear a short-sleeved shirt.
- If you have an Ontario Health Card and/or Driver's Licence, please bring it to the clinic.
- For the most up-to-date clinic information, visit www.niagararegion.ca or call the **Flu Clinic Information Line: 905-688-8248 or 1-888-505-6074, ext. 7443.**

Dates and Times	Locations
Tuesday, November 1, 2011 1 p.m. - 8 p.m.	Fort Erie ▪ Leisureplex Hall, 3 Municipal Centre Drive
Wednesday, November 2, 2011 1 p.m. - 8 p.m.	Niagara-on-the-Lake ▪ Centennial Arena, 1565 Four Mile Creek Road
Thursday, November 3, 2011 1 p.m. - 8 p.m.	Niagara Falls ▪ MacBain Community Centre, 7150 Montrose Road
Monday, November 7, 2011 9 a.m. - 4 p.m.	St. Catharines ▪ Brock University - Gymnasium, Walker Complex, 500 Glenridge Avenue
Tuesday, November 8, 2011 1 p.m. - 8 p.m.	Wainfleet ▪ Wainfleet Firefighters' Memorial Community Hall, 31907 Park Street
Wednesday, November 9, 2011 1 p.m. - 8 p.m.	Port Colborne ▪ St. James and St. Brendan Anglican Church - Guild Hall, 72 Charlotte Street
Thursday, November 10, 2011 1 p.m. - 8 p.m.	Grimsby ▪ Grimsby Senior Citizens Centre - Auditorium, 18 Livingston Avenue
Thursday, November 10, 2011 1 p.m. - 8 p.m.	Thorold ▪ Niagara Region Headquarters, Public Health - Main Office, 2201 St. David's Road, Campbell East
Monday, November 14, 2011 1 p.m. - 8 p.m.	Welland ▪ Rice Road Community Church, 305 Rice Road

For more information, please call the Vaccine Preventable Disease Program:
905-688-8248 or 1-888-505-6074, ext. 7425.