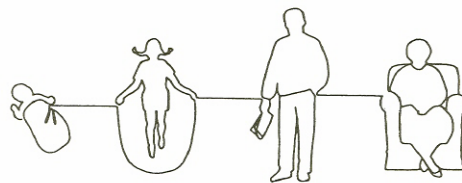


**VISITING NURSES OF THE LOWER VALLEY
FLU VACCINE CLINIC SCHEDULE
2006**

With fall upon us, it is time to remind everyone of the importance of getting a flu shot. Being vaccinated against influenza is the single best way to prevent being infected, and the best months to receive this shot are October and November. While this vaccine may not protect against pandemic or avian flu, it is an important step towards staying healthy throughout the flu season.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Address</u>
Oct. 17	10 -12	Visiting Nurses	61 Main St. Centerbrook
Oct. 19	10 - 12	St. Joseph's Parish Hall	48 Middlesex Ave. Chester
Oct. 24	4 - 7	Essex Town Hall	West Ave.
Nov. 1	4 - 6	United Church of Chester	29 West Main St.
Nov. 8	1 - 3	Essex Savings Bank	35 Plains Rd. Essex
Nov. 9	4 - 6	Visiting Nurses	61 Main St. Centerbrook
Nov. 20	10 - 12	Old Lyme Pharmacy	Old Lyme Shopping Ctr. 90 Halls Rd.

If you are a Medicare beneficiary, please remember to bring your Medicare identification card.



We care for people throughout their lifespans

61 Main Street ♥ Centerbrook, CT 06409
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