



Mamawetan Churchill River Health Region

Public Service Announcement

October 31, 2011

For more information, contact:
Linda Mikolayenko, 425-4812

2011-12 seasonal flu vaccine clinics continue in November and December

The Mamawetan Churchill River Health Region will continue its seasonal influenza vaccine clinics during November and December.

Attached is the schedule for Creighton, Denare Beach, La Ronge, Pinehouse and Sandy Bay, by community, and by date. Check the region website for updates: www.mcrrha.sk.ca

The vaccine is free and available to everyone over the age of 6 months. No appointment is necessary on scheduled days; drop-in only. Please bring your Saskatchewan Health Card.

This year's seasonal vaccine also includes protection against the H1N1 virus and is particularly recommended for persons at higher risk of becoming seriously ill with influenza such as adults 65 and over, persons with chronic health conditions or severe obesity, pregnant women, children from 6 months to under 2 years of age, and close contacts of those at higher risk.

-30-

Together in Wellness

www.mcrrha.sk.ca



Mamawetan Churchill River Health Region
2011-12 Seasonal Flu Clinics by Community
November and December, 2011

Creighton

Monday, November 7, 2011, Creighton Health Centre,
10:00 a.m. to 12:00 noon; 1:00 p.m. to 5:00 p.m.

Thursday, November 17, 2011, Creighton Health Centre,
1:00 p.m. to 4:30 p.m.

Denare Beach

Wednesday, November 9, 2011, Denare Beach Band Office,
2:00 p.m. to 7:00 p.m.

Monday, November 21, 2011, Denare Beach Band Office,
1:00 p.m. to 8:00 p.m.

La Ronge

Monday, November 7, 2011, La Ronge Health Centre, 9:00 a.m.-12:00 noon

Monday, November 14, 2011, La Ronge Health Centre,
9:00 a.m.-12:00 noon; 5:00 p.m.-7:00 p.m.

Monday, November 21, 2011, La Ronge Health Centre, 9:00 a.m.-12:00 noon

Monday, November 28, 2011, La Ronge Health Centre, 9:00 a.m.-12:00 noon

Monday, December 5, 2011, La Ronge Health Centre,
9:00 a.m.-12:00 noon; 5:00 p.m.-7:00 p.m.

Monday, December 19, 2011, La Ronge Health Centre, 9:00 a.m.-12:00 noon

Pinehouse

Thursday, November 3, 2011, Pinehouse Health Centre,
1:00 p.m. to 4:00 p.m.; 6:00 p.m. to 8:00 p.m.

Tuesday, November 8, 2011, Pinehouse Health Centre, 1:00 p.m. to 4:00 p.m.

Thursday, November 17, 2011, Pinehouse Health Centre,
1:00 p.m. to 4:00 p.m.

Wednesday, November 23, 2011, Pinehouse Health Centre,
1:00 p.m. to 5:00 p.m.

Sandy Bay

Tuesday, November 22, 2011, Sandy Bay Health Centre,
10:00 a.m. to 12:00 noon; 1:00 p.m. to 8:00 p.m.

Wednesday, November 23, 2011, Sandy Bay Health Centre,
8:00 a.m. to 12:00 noon; 1:00 p.m. to 3:00 p.m.

Tuesday, November 29, 2011, Sandy Bay Health Centre,
10:00 a.m. to 12:00 noon; 1:00 p.m. to 3:00 p.m.

For updates, check our website: www.mcrrha.sk.ca



Mamawetan Churchill River Health Region

2011-12 Seasonal Flu Clinics by Date

November and December, 2011

Thursday, November 3, 2011

Pinehouse Health Centre, 1:00 p.m. to 4:00 p.m.; 6:00 p.m. to 8:00 p.m.

Monday, November 7, 2011

Creighton Health Centre, 10:00 a.m. to 12:00 noon; 1:00 p.m. to 5:00 p.m.

La Ronge Health Centre, 9:00 a.m. to 12:00 noon

Tuesday, November 8, 2011

Pinehouse Health Centre, 1:00 p.m. to 4:00 p.m.

Wednesday, November 9, 2011

Denare Beach Band Office, 2:00 p.m. to 7:00 p.m.

Monday, November 14, 2011

La Ronge Health Centre, 9:00 a.m. to 12:00 noon; 5:00 p.m. to 7:00 p.m.

Thursday, November 17, 2011

Creighton Health Centre, 1:00 p.m. to 4:30 p.m.

Pinehouse Health Centre, 1:00 p.m. to 4:00 p.m.

Monday, November 21, 2011

Denare Beach Band Office, 1:00 p.m. to 8:00 p.m.

La Ronge Health Centre, 9:00 a.m. to 12:00 noon

Tuesday, November 22, 2011

Sandy Bay Health Centre, 10:00 a.m. to 12:00 noon; 1:00 p.m. to 8:00 p.m.

Wednesday, November 23, 2011

Pinehouse Health Centre, 1:00 p.m. to 5:00 p.m.

Sandy Bay Health Centre, 8:00 a.m. to 12:00 noon; 1:00 p.m. to 3:00 p.m.

Monday, November 28, 2011

La Ronge Health Centre, 9:00 a.m. to 12:00 noon

Tuesday, November 29, 2011

Sandy Bay Health Centre, 10:00 a.m. to 12:00 noon; 1:00 p.m. to 3:00 p.m.

Monday, December 5, 2011

La Ronge Health Centre, 9:00 a.m. to 12:00 noon; 5:00 p.m. to 7:00 p.m.

Monday, December 19, 2011

La Ronge Health Centre, 9:00 a.m. to 12:00 noon

For updates, check our website: www.mcrrha.sk.ca