



Mamawetan Churchill River Health Region

Public Service Announcement

October 6, 2010

For more information, contact:
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Seasonal flu vaccine clinics to begin next week

The Mamawetan Churchill River Health Region will begin seasonal influenza vaccine clinics the week of October 12, 2010.

This year's seasonal vaccine includes protection against the H1N1 virus. In this post-pandemic year, the vaccine is free and available to everyone over the age of 6 months. No appointment is necessary; drop-in only. Please bring your Saskatchewan Health Card.

The vaccine 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 5 years of age, residents of a nursing home, and close contacts of those at higher risk. A complete list of these groups is [attached](#).

The schedules for the flu clinics are posted on the health region website. Attached is the schedule for the Creighton, La Ronge, Pinehouse and Weyakwin areas. Watch for announcements for Sandy Bay and check the region website for updates: www.mcrrha.sk.ca

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Together in Wellness

www.mcrrha.sk.ca



Mamawetan Churchill River Health Region

Seasonal Flu Clinics by Date

Tuesday, October 12, 2010

Creighton Health Centre, 9:00 a.m. to noon; 1:00 p.m. to 5:00 p.m.
La Ronge Legion Hall 10:00 a.m. to 7:00 p.m.
Pinehouse Health Centre, 9:00 a.m. to noon; 1:00 p.m. to 5:00 p.m.

Wednesday, October 13, 2010

Creighton Health Centre, 9:00 a.m. to noon; 1:00 p.m. to 5:00 p.m.
La Ronge Legion Hall, 10:00 a.m. to 7:00 p.m.
Pinehouse Health Centre, 9:00 a.m. to noon; 1:00 p.m. to 5:00 p.m.
Ramsey Bay, 9:00 a.m. to 12:00 noon
Weyakwin Health Centre, 1:00 p.m. to 4:00 p.m.

Thursday, October 14, 2010

Creighton Health Centre, 1:00 p.m. to 8:00 p.m.
La Ronge Health Centre, 9:00 a.m. to noon; 1:00 p.m. to 4:00 p.m.

Friday, October 15, 2010

La Ronge Health Centre, 9:00 a.m. to noon; 1:00 p.m. to 4:00 p.m.

Monday, October 18, 2010

Creighton Heritage Manor, 10:00 a.m. to 4:00 p.m.
La Ronge Health Centre, 9:00 a.m. to noon; 1:00 p.m. to 4:00 p.m.

Thursday, October 21, 2010

Denare Beach, New Horizons, 11:00 a.m. to 7:00 p.m.
La Ronge Health Centre, 9:00 a.m. to noon; 1:00 p.m. to 4:00 p.m.