

# A shot of prevention beats a cup of cure.



Slurping chicken soup may make you feel better,  
but the only known cure for the flu is time.  
Time away from work, friends, parties and plans.  
Time with your blanket, pillow, cough, headache,  
fatigue, fever, and sore throat.

This winter spend your time more constructively.  
Take a few minutes and get a flu shot.  
You'll still be able to appreciate good chicken soup.  
You just won't have to eat it alone.

**Flu Shot Clinics  
By Appointment Only**

**Call 997-7134**



**PeaceHealth**