

Learn How to Prepare for the 2009 Flu Season



*Presented by
Monterey County Health Department
The Visiting Nurses Association and Hospice
Central Coast Senior Services, Inc.*

**When: August 27, 2009
Thursday
Time: 1:00 PM**

**Where: Sally Griffin
Senior Center**

The Sally Griffin Senior Center is located at the Meals On Wheels of the Monterey Peninsula facility:
700 Jewel Avenue
Pacific Grove, Ca 93950

[Map for Sally Griffin Center](#)

2009 Flu Season



*Learn about
how to protect
yourself from
the flu this
season.*

- How real is the threat from the H1N1 virus?
- Who is most at risk?
- Monterey County Preparations.
- How to create a Personal Plan.
- How do I protect my self from getting the flu?
- What should I do if I think I have the flu?
- What about the anti-viral medications?
- Vaccination information: Seasonal Flu, Pneumonia, H1N1
- Where do I get a vaccination?
- And much more!

For More Information:

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[VNA Website](#)
[Central Coast Senior Services, Inc](#)
[Monterey Bay Flu Info Website](#)



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