

# SHED THE STRESS

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## NEWS

### Last chance for flu shot

Halton Region's last regularly scheduled seasonal influenza (flu) immunization clinic will be held today from 4-8 p.m. in the auditorium at the Halton Regional Centre at 1151 Bronte Road in Oakville.

This free clinic is available to Ontarians six months of age and over.

Getting your flu shot now may still help to protect you and prevent spreading the virus to others. Flu immunization is offered at many pharmacies, clinics, and doctors' offices.

fices.

The influenza vaccine contains three different kinds of killed flu viruses: two influenza A's and one B. When the decision is made each spring as to which viruses to put into the vaccine, it is not always possible to know the best match for the fall and winter.

Some of the influenza virus strains now circulating are not the best match to the vaccine, including the most common circulating strain of influenza A/H3N2.



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## BOOK YOUR TOUR TODAY!

TOURS NOW AVAILABLE 7 DAYS A WEEK

## OPEN HOUSE

ALSO JOIN US ON JANUARY 24<sup>TH</sup> & 25<sup>TH</sup>  
ANYTIME FROM 10AM - 4PM

Enjoy refreshments, meet our staff, ask questions, tour our spaces & suites. **RSVP TO JILL AT 905-582-0395**

3136 DUNDAS STREET WEST, OAKVILLE, ON (WEST OF BRONTE ROAD)



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SUITES AVAILABLE

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**JANUARY 31<sup>ST</sup> 2015\***

TO RESERVE YOUR CHOICE  
OF SUITE AND VIEW. \*conditions apply