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Learn more about the flu and how to protect yourself at Laurier public lecture

WATERLOO – Experts from Wilfrid Laurier University and Region of Waterloo Public Health will be speaking about the flu, how to protect yourself from it and what to do if you get it on **Nov. 7** at Laurier’s **Waterloo campus**. The lecture will be a chance for attendees to have all their flu-related questions answered.

“The event will educate members of the public and students – particularly undergraduate students, who are the population in Canada with the lowest flu vaccination rates – about influenza virus, the benefits and risks of the flu vaccine, and strategies in combination with vaccination that can keep you healthy during the flu season,” said Associate Professor Stephanie DeWitte-Orr, [recipient of an Ontario Ministry of Research and Innovation Early Researcher Award](#), who will be speaking at the event.

Panelists at the “**Got Flu? 2017 Health Sciences Influenza Lecture**” will be:

- [Stephanie DeWitte-Orr](#), Laurier associate professor, Health Sciences and Biology, will speak about how the flu virus infects people, replicates and triggers an immune response. She will also speak about how flu vaccines work. DeWitte-Orr is an expert in [innate immunity and virology](#).
- [Vivienne Vance](#), Laurier assistant professor, Health Sciences, will speak about how to cope through flu season using diet and nutrition. Vance is an expert on nutrition, obesity and the relationship between nutrition and disease prevention/management.
- **Cathy Tassone**, public health nurse with Region of Waterloo Public Health, will speak about the role of public health during outbreaks and the prevalence of flu in Waterloo Region and Ontario.

The event is from 6:30 p.m. to 8:30 p.m. on Tuesday, Nov. 7, in room 201 at the Bricker Academic Building. The event is free and open to the public. Those planning to attend are requested to register via [Eventbrite](#).

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