



Stephanie DeWitte-Orr, Associate Professor  
Health Sciences and Biology, Wilfrid Laurier University  
519-884-0710 ext. 4317 or [sdewitteorr@wlu.ca](mailto:sdewitteorr@wlu.ca)

Kevin Crowley, Director  
Communications & Public Affairs, Wilfrid Laurier University  
519-884-0710 ext. 3070 or [kcrowley@wlu.ca](mailto:kcrowley@wlu.ca)

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## Public talk at Laurier to focus on the flu and how to avoid it

WATERLOO – It's flu season again. That means it's time for everyone to protect themselves. To explain how and why, experts from Wilfrid Laurier University and Region of Waterloo Public Health will be giving a free public talk on **Tuesday, Nov. 13**, at Laurier's Waterloo campus.

"Our goal is to educate the community about influenza virus, the influenza virus vaccine, how to make healthy lifestyle choices to support your health through flu season and to learn about how influenza virus affects our community, the Region of Waterloo, directly," said [Stephanie DeWitte-Orr](#), an immunology expert and Laurier associate professor of Health Sciences and Biology, who will be speaking at the event.

The talk is open to anyone interested in influenza and how it can affect their and others' health, but organizers are particularly encouraging high school and university students to attend.

"These young people represent an under-vaccinated but high-risk group within Canada," said DeWitte-Orr.

DeWitte-Orr's portion of the talk will focus on how the flu virus infects people, replicates itself and triggers an immune response, as well as on how flu vaccines work.

[Vivienne Vance](#), a nutrition expert and associate professor in Laurier's Health Sciences program, will speak on how to use nutrition to cope through flu season.

**Breanne Cuddington**, a Laurier Health Sciences instructor, will talk about flu symptoms and virology.

**Kristy Wright**, a registered nurse and manager of infectious disease control with Region of Waterloo Public Health, will speak about the history of flu outbreaks in Waterloo Region.

The talk will be held in **Bricker Academic Building (BA) Room 201**, from **6-7:30 p.m.**

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