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Free public talk at Laurier to focus on flu

WATERLOO – Few common maladies are as miserable as the flu. To learn more about what the influenza virus is, how flu vaccines work and what the flu situation is like in Waterloo Region, Wilfrid Laurier University is inviting the public to a free talk **Oct. 29**, at Laurier’s Waterloo campus.

This year’s edition of the annual talk will feature:

- Laurier Associate Professor [Stephanie DeWitte-Orr](#), an immunology expert, who will speak about how the flu virus infects people, how it replicates and how flu vaccines work;
- **Sarah Poynter**, a Laurier postdoctoral researcher and immunology lecturer, who will speak about immune responses to the flu; and
- **Kristy Wright**, a registered nurse and manager of infectious disease control with Region of Waterloo Public Health, who will speak about flu outbreaks in Waterloo Region.

“Accurate information is one of our best weapons against the flu,” said DeWitte-Orr, a member of the departments of Health Sciences and Biology.

The talk will take place in **Bricker Academic Building, room BA201**, from **6 to 7 p.m.** on Tuesday, Oct. 29. Registration is not required.

Laurier’s Student Wellness Centre is also organizing [flu shot clinics](#) for students, faculty and staff in November.

“Immunization offers the best protection against the flu,” said Wright.

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