

Let's Beat the FLU



2008/
2009

Influenza is a serious illness that spreads easily from infected people through coughing, sneezing and can cause severe, life-threatening illness for people in high-risk groups. Anyone can get the flu. Flu shots are available free for all Ontario residents over six months of age. **Protect yourself. Protect your family.**

Below is a list of flu clinics offered by Renfrew County and District Health Unit:

PEMBROKE AREA

Tuesday, November 4
10:00 a.m. – 8:00 p.m.
Germania Club
15 Bennett Street, **Pembroke**

Monday, November 10
10:00 a.m. – 8:00 p.m.
Germania Club
15 Bennett Street, **Pembroke**

Monday, November 17
2:00 p.m. – 7:00 p.m.
Germania Club
15 Bennett Street, **Pembroke**

Monday, November 24
2:00 p.m. – 7:00 p.m.
Germania Club
15 Bennett Street, **Pembroke**

Monday, December 1
2:00 p.m. – 7:00 p.m.
Germania Club
15 Bennett Street, **Pembroke**

Monday, December 15
2:00 p.m. – 8:00 p.m.
Renfrew County & District Health Unit
7 International Drive, **Pembroke**

PETAWAWA AREA

Thursday, November 6
10:00 a.m. – 6:00 p.m.
Lions Community Hall
1163 Victoria Street, **Petawawa**

Thursday, December 4
12:00 noon. – 6:00 p.m.
Lions Community Hall
1163 Victoria Street, **Petawawa**

COBDEN AREA

Tuesday, December 2
2:00 p.m. – 7:00 p.m.
Royal Canadian Legion
550 Main Street, **Cobden**

DEEP RIVER AREA

Wednesday, November 12
2:00 p.m. – 7:00 p.m.
Real Hope Christian Assembly
33019 Hwy 17, **Deep River**

Thursday, December 18
2:00 p.m. – 7:00 p.m.
Real Hope Christian Assembly
33019 Hwy 17, **Deep River**

EGANVILLE AREA

Thursday, November 13
2:00 p.m. – 8:00 p.m.
Grace Lutheran Church
14 Bonnechere Street, **Eganville**

Thursday, December 11
2:00 p.m. – 6:00 p.m.
Grace Lutheran Church
14 Bonnechere Street, **Eganville**

BARRY'S BAY AREA

Thursday, November 20
2:00 p.m. – 7:00 p.m.
Paul J Yakabuski Community Centre
Barry's Bay

Monday, December 22
1:00 p.m. – 6:00 p.m.
Paul J Yakabuski Community Centre
Barry's Bay

ARNPRIOR AREA

Tuesday, November 18
10:00 a.m. – 6:00 p.m.
Royal Canadian Legion
49 Daniel Street, **Arnprior**

Tuesday, December 16
1:00 p.m. – 6:00 p.m.
Royal Canadian Legion
49 Daniel Street, **Arnprior**

RENFREW AREA

Wednesday, November 5
10:00 a.m. – 7:00 p.m.
St. Francis Xavier Parish Hall
331 Plaunt Street South, **Renfrew**

Monday, December 8
1:00 p.m. – 6:00 p.m.
St. Francis Xavier Parish Hall
331 Plaunt Street South, **Renfrew**

KILLALOE AREA

Wednesday, November 19
3:30 p.m. – 7:00 p.m.
Killaloe Public School
100 Queen Street, **Killaloe**

No
appointments
necessary



For more information visit
www.rcdhu.com
or call the
Health Info Line
at
613-735-8666
or
1-800-267-1097 Ext. 666.