



Renfrew County and District Health Unit 2019 Flu Clinic Schedule

No appointment necessary unless otherwise specified below.

Influenza is a serious illness that spreads easily from infected people through coughing and sneezing. It 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.

CLINIC DATES **AT-A-GLANCE**

November

- 6 – Pembroke
- 7 – Petawawa
- 12 – Pembroke
- 13 – Arnprior
- 14 – Cobden
- 18 – Eganville
- 19 – Pembroke
- 21 – Barry's Bay
- 25 – Renfrew
- 26 – Pembroke
- 27 – Deep River
- 28 – Killaloe

December

- 3 – Pembroke

PEMBROKE

Wednesday, November 6th, 10:00am – 3:00pm
(by appointment only)
Renfrew County and District Health Unit
7 International Dr.

PETAWAWA

Thursday, November 7th, 3:00pm – 6:00pm
Royal Canadian Legion
3583 Petawawa Blvd.

PEMBROKE

Tuesday, November 12th 2:00 pm – 6:00 pm
Pembroke Memorial Centre
393 Pembroke St. W

ARNPRIOR

Wednesday, November 13th, 3:00pm – 6:00pm
Royal Canadian Legion
49 Daniel St. N

COBDEN

Thursday, November 14^h, 3:00pm – 6:00pm
White Water Bromley Community Health Centre
70 Main Street

EGANVILLE

Monday, November 18th, 3:00 pm – 6:00 pm
Grace Lutheran Church
14 Bonnechere St. W

PEMBROKE

Tuesday, November 19th, 2:00pm – 6:00pm
Pembroke Memorial Centre
393 Pembroke St. W

BARRY'S BAY

Thursday, November 21st, 3:00pm – 6:00pm
St. Francis Memorial Hospital
7 St. Francis Memorial Dr.

RENFREW

Monday, November 25th, 3:00pm – 6:00pm
Royal Canadian Legion
30 Raglan St. S

PEMBROKE

Tuesday, November 26^h, 2:00 pm – 6:00 pm
Pembroke Memorial Centre
393 Pembroke St. W

DEEP RIVER

Wednesday, November 27th, 3:00pm – 6:00pm
Deep River Public Library
55 Ridge Rd.

KILLALOE

Thursday, November 28th, 3:00pm – 6:00pm
Killaloe Lions Club
18 Lake St.

PEMBROKE

Tuesday, December 3rd, 2:00 pm – 6:00 pm
Pembroke Memorial Centre
393 Pembroke St. W

Protect yourself.
Protect your family.