

**City of Chula Vista  
Norman Park Senior Center  
270 "F" St. (619) 691-5086**

# Senior Flu Prevention



**As flu season shifts into high gear this fall, consider giving your immune system a fighting chance with a flu shot. Along with a nutritious diet and regular exercise, flu shots can help you ward off the virus. The shots are especially recommended for people with chronic illness, weakened immune systems, or those over the age of 65.**

***Don't Let This Be You!***

***Flu Vaccines will be administered by Scripps Mercy Hospital Nurses and Volunteers.***

***Limited supply on hand.  
First come, First Serve!***

***Suggested Donation: \$2***

***Friday,  
November 6  
9:00 - 11:30 am***



***The San Diego County Public Health Department is proud to support this flu clinic***