

FREE FLU CLINICS

Don't Spread the Flu!

CLINIC DATES IN PRAIRIE MOUNTAIN HEALTH (North)

No appointment necessary with the EXCEPTION of **ALL** Swan River clinics and **SELECT** Dauphin clinics. Check the schedule below for those dates.
 Make an appointment call: **1-877-646-3888** (Starting October 11th)

Central District

| Town | Date | Time | Location |
|--------------|-------------------|---------------------|---|
| Dauphin | Mon. October 23 | 9 a.m. to 3 p.m. | Dauphin Community Health Office appointment needed call 1-877-646-3888 |
| Dauphin | Wed. November 1 | 2 p.m. to 6 p.m. | Dauphin Seniors Multi-Purpose Centre |
| Dauphin | Mon. November 6 | 9 a.m. to Noon | Dauphin Community Health Office appointment needed call 1-877-646-3888 |
| Dauphin | Wed. November 8 | 4 p.m. to 7 p.m. | Dauphin Community Health Office appointment needed call 1-877-646-3888 |
| Dauphin | Thurs. November 9 | 10 a.m. to 4 p.m. | Dauphin Seniors Multi-Purpose Centre |
| Dauphin | Wed. November 15 | 1 p.m. to 7 p.m. | Dauphin Community Health Office appointment needed call 1-877-646-3888 |
| Ethelbert | Fri. November 3 | 9:30 a.m. to 3 p.m. | Ethelbert Senior Citizens Club (9-1st – St. E.) |
| Pine River | Thurs. November 2 | 10 a.m. to Noon | Pine River Community Health Office |
| Winnipegosis | Tues. November 7 | 9:30 a.m. to 3 p.m. | Winnipegosis New Horizon Centre |

East District

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|----------------|-------------------|-------------------|---|
| Alonsa | Wed. October 25 | 10 a.m. to 3 p.m. | Alonsa Community Health Service Office |
| Crane River | Tues. November 7 | Noon to 1:30 p.m. | Crane River Community Health Office |
| Mallard | Wed. October 25 | 1 p.m. to 2 p.m. | Mallard Community Council Building |
| McCreary | Thurs. November 2 | 11 a.m. to 1 p.m. | McCreary Community Centre |
| McCreary | Wed. November 8 | 3 p.m. to 6 p.m. | McCreary Community Health Office |
| Meadow Portage | Mon. October 23 | 2 p.m. to 3 p.m. | Meadow Portage Community Hall |
| Rorketon | Thurs. November 9 | 11 a.m. to 1 p.m. | Rorketon – Lawrence Community Centre |
| Spence Lake | Mon. October 23 | 9 a.m. to Noon | Spence Lake Admin Building |
| Ste. Rose | Thurs. October 26 | 10 a.m. to 2 p.m. | Ste. Rose Arena |
| Ste. Rose | Wed. November 1 | 3 p.m. to 6 p.m. | Ste. Rose Primary Health Care Centre |
| Waterhen | Tues. October 24 | 10 a.m. to 4 p.m. | Waterhen Community Health Services Office |

PLEASE flip over for more clinics

West District

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|----------------|-------------------|-------------------|-------------------------------|
| Gilbert Plains | Tues. November 14 | 10 a.m. to 3 p.m. | Gilbert Plains Drop In Centre |
| Grandview | Wed. November 1 | 10 a.m. to 6 p.m. | Kinsmen Community Centre |
| Roblin | Wed. October 25 | 10 a.m. to 6 p.m. | Roblin Community Centre |

North District

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|---------------|-------------------|--|---|
| Barrows | Mon. November 6 | 10 a.m. to 11 a.m. | Barrows Administration Building |
| Benito | Wed. November 8 | 10 a.m. to 4 p.m. | Benito Primary Health Care Centre |
| Birch River | Thurs. November 2 | 1:30 p.m. to 3:30 p.m. | Birch River School |
| Bowsman | Thurs. October 26 | 10 a.m. to 1 p.m. | Bowsman Legion Hall |
| Camperville | Wed. October 25 | 9 a.m. to 4 p.m. | Camperville Primary Health Centre |
| Duck Bay | Mon. October 23 | 10 a.m. to 3 p.m. | Duck Bay Community Health Office |
| Mafeking | Thurs. November 2 | 10 a.m. to 11:30 a.m. | Mafeking Legion Hall |
| Minitonas | Wed. October 25 | 1 p.m. to 3:30 p.m. | Minitonas Town Hall |
| Swan River | Mon. October 23 | 9 a.m. to Noon 12:30 p.m. to 3 p.m. | Swan River Public Health Office appointment needed call 1-877-646-3888 |
| Swan River | Fri. October 27 | 9 a.m. to Noon 12:30 p.m. to 3 p.m. | Swan River Public Health Office appointment needed call 1-877-646-3888 |
| Swan River | Mon. October 30 | 9 a.m. to Noon 12:30 p.m. to 3 p.m. | Swan River Public Health Office appointment needed call 1-877-646-3888 |
| Swan River | Wed. November 1 | 1 p.m. to 7 p.m. | Swan River Public Health Office appointment needed call 1-877-646-3888 |
| Swan River | Mon. November 6 | 9 a.m. to Noon 12:30 p.m. to 3 p.m. | Swan River Public Health Office appointment needed call 1-877-646-3888 |
| Swan River | Tues. November 7 | 1 p.m. to 7 p.m. | Swan River Public Health Office appointment needed call 1-877-646-3888 |
| Wuskwi Sipihk | Thurs. November 9 | 11 a.m. to 1 p.m. | Wuskwi Sipihk Hall |

For information about flu clinics at **Elderly Personal Housing (EPH)** call your local public health office:

West District 204-937-2151

North District 204-734-6603

East District 204-447-4080

Central District 204-638-2118

Please visit our website at
www.prairiemountainhealth.ca and
 follow us on Twitter at **PrairieMtHealth** and like us on Facebook
 where you will find up to date flu clinic schedule information.

