

## For Immediate Release



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### East Hartford Senior Wellness Fair

East Hartford, CT—The East Hartford Senior Center and East Hartford Health Department invite the community to attend a 55+ Wellness Fair and Flu Clinic on Friday, **October 11, 2019 from 9 a.m. to 1 p.m. at the East Hartford Senior Center at 70 Canterbury Street in East Hartford.** The flu vaccinations will be administered by Hartford HealthCare.

At the Wellness Fair, visitors will have the opportunity to get information from over 20 vendors on a wide range of topics including assisted living, adult day centers, medical equipment and assistive devices, home care, skilled nursing facilities, community organizations, grocery store services, and more!

Flu shots will be available from 1 p.m. to 3 p.m. Those who wish to receive a flu vaccine should bring their Medicare insurance card and identification.

Flu season usually peaks in the winter and lasts through May.

In addition to the flu vaccine, people should practice frequent hand washing, use waterless hand cleaners when water is unavailable, avoid those who are ill, stay at home if sick with the flu and practice cough/sneeze etiquette (i.e., cough/sneeze into bend of elbow).

The 55+ Wellness Fair is free and open to the public and no registration is needed to attend it.

Additionally, those who are unable to get their flu shot during the Wellness Fair, can receive it on **October 18, from 1 to 3:00 p.m.** at the senior center.