

For Immediate Release



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East Hartford Senior Center to Sponsor 55+ Wellness Fair And Flu Clinic

The East Hartford Senior Center and East Hartford Health Department invites the community to attend a 55+ Wellness Fair and Flu Clinic on Friday, **October 12, 2018 from 10 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, older adults will have the opportunity to get information from over 20 vendors on a wide range of topics including assisted living, adult day centers, insurance, medical equipment and assistive devices, home care, skilled nursing facilities, community organizations, grocery store services, and more! Participants can take advantage of free screenings, giveaways and raffles.

Flu shots will be available from 10 a.m. to 1 p.m. Those who wish to receive a flu vaccine should bring their Medicare insurance card and identification.

"It is instrumental for individuals to receive their flu vaccination to remain healthy during the flu season as well as to prevent others from getting sick," said Mayor Marcia Leclerc. "The flu clinic is a fast and easy way to get your vaccine in town."

According to the East Hartford Health Director Jim Cordier, October is an optimal time to get a vaccine as the 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)", Cordier said.

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, they can receive it on **October 19, from 1 to 3:30 p.m.** However, there won't be another Wellness Fair that day.