



The Regina Qu'Appelle Health Region recommends seasonal influenza vaccine for everyone.

Those who would benefit most are:

- Adults 65 years of age and over
- People with chronic health conditions or severe obesity
- Residents of a nursing home or other care facility
- Pregnant women in any trimester and members of the same household
- Children aged 6 months to under 5 years of age
- Contacts of the individuals listed above
- Contacts of infants less than 6 months of age
- Any health care worker or care provider
- Any volunteer in a health care setting

Rural Regina Influenza Clinics 2016

<p>Balgonie</p> <p>Balgonie Elementary School Drop In</p> <p>Tuesday, November 15 4:00 pm - 7:00 pm</p>	<p>Bethune</p> <p>50 Plus Seniors Club Drop In</p> <p>Thursday, November 3 10:00 am - 1:30 pm</p>	<p>Cupar</p> <p>Community Hall Drop In</p> <p>Tuesday, November 22 10:00 am - 11:45 am 1:00 pm - 2:00 pm</p>	<p>Francis</p> <p>Prairie Village Senior Centre Drop In</p> <p>Tuesday, November 1 1:00 pm - 3:00 pm</p>
<p>Holdfast</p> <p>Sarnia Health Centre Drop In</p> <p>Wednesday, November 9 10:00 am - 2:00 pm</p>	<p>Imperial</p> <p>Long Lake Valley Integrated Facility Drop In</p> <p>Wednesday, November 23 10:30 am - 2:30 pm</p>	<p>Lumsden</p> <p>Lumsden Elementary School Drop In</p> <p>Monday, November 14 3:30 pm - 7:30 pm</p>	<p>Milestone</p> <p>The Drop In Centre By Appointment Cheryl 306-436-2055</p> <p>Wednesday, November 2 10:00 am - 3:00 pm</p>
<p>Pense</p> <p>Pense Town Hall Drop In</p> <p>Monday, November 14 3:00 pm - 7:00 pm</p>	<p>Pilot Butte</p> <p>Pilot Butte School Drop In</p> <p>Tuesday, November 8 4:00 pm - 7:00 pm</p>	<p>Regina Beach</p> <p>Memorial Hall Drop In</p> <p>Wednesday, November 9 10:00 am - 12:30 pm 1:30 pm - 3:00 pm</p>	<p>Sedley</p> <p>New Horizon Centre By Appointment Yvette 306-885-2230</p> <p>Monday, November 7 3:00 pm - 7:00 pm</p>
<p>Southey</p> <p>Senior Citizens' Club Drop In</p> <p>Thursday, November 3 9:30 am - 11:45 am 1:00 pm - 3:00 pm</p>	<p>Vibank</p> <p>Vibank School Drop In</p> <p>Thursday, November 10 4:30 pm - 7:30 pm</p>	<p>White City</p> <p>École White City School Drop In</p> <p>Monday, November 7 5:00 pm - 8:00 pm</p>	

Seasonal influenza vaccine is provided *free of charge*.

For appointments other than the dates provided please contact the nearest Public Health Office

Schedules are available for Regina, Fort Qu'Appelle and Area, and Grenfell and Area.