

Protect Yourself From The Flu

Concerned about Swine Flu, but uncertain about the vaccination for your kids and family?

Attend our informative workshop covering the following topics:

- Are flu shots always necessary? We will shift through the information and you can decide.
- How to improve the health of your immune system, naturally
- Which vitamins have immune enhancing abilities.
- Learn 4 common nutrients that the flu bug hates.
- The role of the nervous system in fighting sickness.
- 6 simple home remedies for colds and flu.
- Learn why some cold & flu “medications” and vaccinations are unhealthy.
- What to do when you DO get sick.



Presented as a part of Sample Health Care Center's *Community Education Program*, there is **no charge** for this workshop. Space is limited, so call today for your reservation.

Date:	Monday, October 26th
Time:	7:00 p.m.



Refreshments will be served
For reservations, call

123-4567

Sample Health Care Center
1234 Main Street
Your Town, US 98765