



# Renfrew County and District Health Unit 2017 Flu Clinic Schedule

Influenza is a serious illness that spreads easily from infected people through coughing and sneezing. It can cause severe, life-threatening illness for people in high-risk groups. Anyone can get the flu. Flu shots are available free for all Ontario residents over six months of age

*Protect yourself. Protect your family!*

## Clinic Dates At-a-glance

### October

26 – Pembroke  
30 – Pembroke

### November

1 – Barry's Bay  
2 – Renfrew  
7 – Cobden  
8 – Eganville  
15 – Arnprior  
16 – Petawawa  
20 – Pembroke  
21 – Killaloe  
22 - Deep River  
23 - Pembroke

### PEMBROKE

Thursday, October 26, 10:00 am – 3:00 pm  
(by appointment only)  
Renfrew County and District Health Unit – 7 International Drive

### PEMBROKE

Monday, October 30, 2:00 pm – 6:00 pm  
Renfrew County and District Health Unit – 7 International Drive

### BARRY'S BAY

Wednesday, November 1, 3:00 pm – 6:00 pm  
St. Francis Memorial Hospital – 7 St. Francis Memorial Drive

### RENFREW

Thursday, November 2, 2:00 pm – 6:00 pm  
St. Francis Xavier Parish Hall – 331 Plaunt Street

### COBDEN

Tuesday, November 7, 3:00 pm – 6:00 pm  
Royal Canadian Legion – 43A Main Street

### EGANVILLE

Wednesday, November 8, 3:00 pm – 6:00 pm  
Grace Lutheran Church – 14 Bonnechere Street West

### ARNPRIOR

Wednesday, November 15, 3:00 pm – 6:00 pm  
Royal Canadian Legion – 49 Daniel Street North

### PETAWAWA

Thursday, November 16, 3:00 pm – 6:00 pm  
Royal Canadian Legion – 3583 Petawawa Boulevard

### PEMBROKE

Monday, November 20, 2:00 pm – 6:00 pm  
Renfrew County and District Health Unit – 7 International Drive

### KILLALOE

Tuesday, November 21, 3:00pm – 6:00 pm  
Killaloe Lions Club – 40 Lake Street

### DEEP RIVER

Wednesday, November 22, 3:00 pm – 6:00 pm  
Real Hope Christian Assembly – 33019 Highway 17

### PEMBROKE

Thursday, November 23, 2:00 pm – 6:00 pm  
Renfrew County and District Health Unit – 7 International Drive

No appointment necessary!

For more information, visit [www.rcdhu.com](http://www.rcdhu.com) or call the Health Info Line 613-735-8666 or 1-800-267-1097 ext. 666