

# ARM YOURSELF AGAINST THE FLU.



## Protect yourself with a seasonal flu vaccination.

The seasonal flu is more serious than the common cold and is easily transmitted to others. That's why it's important to get vaccinated. It keeps you well and helps protect the people around you. Because you've got better things to do than get the flu. So stop by today, and keep the smiles and hugs coming all season long.

## Kaiser Permanente's Worksite Wellness Program

will provide on-site flu shots at your location for **ALL** employees  
(Kaiser Permanente members, please bring medical record number)

**Tuesday, November 2, 2010**  
**9am – 12pm**

Cost: \$20 per injection  
(exact amount in cash or check payable to **Kaiser**)

**WHERE: American River Committee Room**

**SIGN UP\*: If you plan to get a flu shot, respond by  
October 18, 2010 to [trainingenrollment@calstrs.com](mailto:trainingenrollment@calstrs.com)**

For more information contact Kim Taylor Uribe at (916) 414-4945.

(\*Required)

Please wear clothing that will allow for easy access of  
your upper arm.