Protect Yourself and Your Loved Ones This Flu Season

Stay ahead of the flu! Getting your flu shot is one of the simplest ways to protect your health and the well-being of those around you.

Across all primary care and pediatric sites, patients can call to schedule or walk in for a flu shot between 8:00 a.m. and 4:30 p.m., Monday through Friday. You can also walk into *Express*CARE* — no appointment needed.

Don't wait! Visit **mountnittany.org/flu** for more information and take the first step toward a healthier season today.



***Ages 9 and up.**

Healthier People, Stronger Community.

MOUNT NITTANY HEALTH