



PRAIRIE MOUNTAIN HEALTH

FREE FLU CLINICS

Get vaccinated. Don't spread the flu!

CLINIC DATES IN THE PARKLAND REGION

No appointment necessary with the exception of **ALL** Swan River clinics and **SELECT** Dauphin clinics.

Check the schedule below for those dates. Make an appointment call: **1-877-646-3888** (Starting October 1st.)

Central District

Town	Date	Time	Location
Pine River	Wed. October 22, 2014	10 a.m. to Noon	Pine River Community Health Office
Dauphin	Fri. October 24, 2014	1 p.m. to 7 p.m.	Dauphin Community Health Services appointment needed call 1-877-646-3888
Dauphin	Tues. October 28, 2014	10 a.m. to 7 p.m. MASS CLINIC	8th Ave Hall, 304 Whitmore Ave
Sifton	Thurs. October 30, 2014	1:30 p.m. to 3:30 p.m.	Golden Harbour, Sifton
Gilbert Plains	Tues. November 4, 2014	10:30 a.m. to 2:30 p.m.	Gilbert Plains Drop in Centre
Ethelbert	Wed. November 5, 2014	9:30 a.m. to 3 p.m.	Ethelbert Senior Citizens Club
Ochre River	Thurs. November 6, 2014	9 a.m. to Noon	Ochre River RM Office
Dauphin	Fri. November 7, 2014	9 a.m. to 12/12:30 to 3	Dauphin Community Health Services appointment needed call 1-877-646-3888
Winnipegosis	Fri., November 7, 2014	9:30 a.m. to 3 p.m.	Winnipegosis New Horizon Centre
Dauphin	Wed. November 12, 2014	1 p.m. to 7 p.m.	Dauphin Community Health Services appointment needed call 1-877-646-3888
Dauphin	Thurs. November 13, 2014	9 a.m. to 11:30 a.m. 1:15 p.m. to 3 p.m.	Dauphin Seniors Multi-Purpose Centre (55- 1st Ave. S.E.)
Dauphin	Mon. November 17, 2014	9 a.m. to 12/12:30 to 3	Dauphin Community Health Services appointment needed call 1-877-646-3888
Gilbert Plains	Wed. November 19, 2014	9 a.m. to Noon	Gilbert Plains Community Health Office

East District

Spence Lake	Tues. October 21, 2014	9 a.m. to Noon	Spence Lake Admin Building
Meadow Portage	Tues. October 21, 2014	1:30 p.m. to 3 p.m.	Meadow Portage Community Hall
Ste. Rose	Wed. October 22, 2014	9 a.m. to 1 p.m. MASS CLINIC	Ste. Rose Arena
Rock Ridge	Thurs. October 23, 2014	10 a.m. to 11:30 a.m.	Rock Ridge Community Council Bldg
Mallard	Thurs. October 23, 2014	1:30 p.m. to 3:30 p.m.	Mallard Community Council Building
Waterhen	Fri. October 24, 2014	10 a.m. to 5 p.m.	Waterhen Primary Health Care Centre
Alonsa	Wed. October 29, 2014	10 a.m. to 3 p.m.	Alonsa Community Health Services
McCreary	Mon. November 3, 2014	11 a.m. to 2 p.m.	McCreary Community Centre
Rorketon	Tues. November 4, 2014	11 a.m. to 1 p.m.	Rorketon – Lawrence Community Centre
Crane River	Wed. November 5, 2014	Noon to 1:30 p.m.	Crane River Community Health Office

PLEASE FLIP OVER for more clinic dates

Bacon Ridge	Wed. November 5, 2014	2 p.m. to 4 p.m.	Bacon Ridge Community Health Office
Laurier	Thurs. November 6, 2014	10 a.m. to Noon	Nouveaux Horizons
McCreary	Mon. November 10, 2014	3 p.m. to 7 p.m.	McCreary Community Health Office
Ste. Rose	Thurs. November 13, 2014	3 p.m. to 7 p.m.	Ste. Rose Curling Rink
<u>West District</u>			
Grandview	Thurs. October 23, 2014	10 a.m. to 7 p.m. MASS CLINIC	Grandview Kinsmen Community Centre
Roblin	Wed. October 29, 2014	10 a.m. to 7 p.m. MASS CLINIC	Roblin Community Centre
<u>North District</u>			
Swan River	Tues. October 14, 2014	9:30 a.m. to Noon 12:30 p.m. to 3:30 p.m.	Swan River Public Health Office call to make an appointment @ 1-877-646-3888
	Mon. October 20, 2014	9:30 a.m. to Noon 12:30 p.m. to 3:30p.m.	Swan River Public Health Office call to make an appointment @ 1-877-646-3888
	Mon. October 27, 2014	1 p.m. to 7 p.m.	Swan River Public Health Office call to make an appointment @ 1-877-646-3888
	Tues. October 28, 2014	9 a.m. to Noon 12:30 p.m. to 3 p.m.	Swan River Public Health Office call to make an appointment @ 1-877-646-3888
	Mon. November 3, 2014	1 p.m. to 7 p.m.	Swan River Public Health Office call to make an appointment @ 1-877-646-3888
	Tues. November 4, 2014	9 a.m. to Noon 12:30 p.m. to 3p.m.	Swan River Public Health Office call to make an appointment @ 1-877-646-3888
Duck Bay	Thurs. October 16, 2014	10 a.m. to 3 p.m.	Duck Bay Health Office
Barrows	Mon. October 20, 2014	1 p.m. to 2 p.m.	Barrows Administration Building
Benito	Wed. October 22, 2014	10 a.m. to 1 p.m. 2 p.m. to 4 p.m.	Benito Primary Health Care Centre
Mafeking	Wed. October 22, 2014	10 a.m. to 11:30 a.m.	Mafeking Legion Hall
Birch River	Wed. October 22, 2014	1:30 p.m. to 3 p.m.	Birch River School
Camperville	Thurs. October 23, 2014	10 a.m. to 3 p.m.	Camperville Health Office
Wuskwi Sipihk	Thurs. October 23, 2014	11 a.m. to 1 p.m.	Wuskwi Sipihk Health Centre
Minitonas	Thurs. October 23, 2014	1 p.m. to 3:30 p.m.	Minitonas Town Hall
Sapotaweyak	Tues. October 28, 2014	11 a.m. to 2 p.m.	Sapotaweyak Health Centre
Bowsman	Thurs. October 30, 2014	10 a.m. to 1 p.m.	Bowsman Legion Hall

For information about flu clinics at **Elderly Personal Housing (EPH)**
call your local public health office:

West District 204-937-2151

North District 204-734-6603

East District 204-447-4080

Central District 204-638-2118

Please visit our website at www.prairiemountainhealth.ca or www.prha.mb.ca
where you will find up to date flu clinic schedule information.