# Building stronger communities through health and wellness.

Health and wellness mean taking care of the whole person: mind, body, spirit. But due to busy schedules, we may put our own well-being last.

This year, we want to make it easier for you and your loved ones to put your well-being first, by making vaccination more convenient.

Flu can be a serious disease, even for healthy people. Everyone 6 months and older is recommended to get a yearly flu vaccine.

## Protect your family, congregation and yourself by getting the flu vaccine.

Mind.

Spirit.

Body.

**To learn more, visit www.cdc.gov/flu**

*Clinic information/logo here*

**U.S. Department of Health and Human Services**
Centers for Disease Control and Prevention

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