

Trying to avoid getting sick this season?

Get the
FLU  **SHOT**
not the flu!

Help prevent illness by receiving your **FREE** flu shot! Bring canned goods or pet food to be donated to the local food pantry or animal shelter to help feed the hungry.

No appointment necessary.
First come, first served.



Join the Monmouth County Regional Health Commission on

- February 16, 4-6 pm
- February 22, 4-6 pm

- **WHO CAN ATTEND?**
 - ✓ 12 years of age and up
- **WHERE ARE WE LOCATED?**
 - ✓ 1540 W Park Ave, Tinton Falls, NJ 07724
- **HOW MUCH?**
 - ✓ Flu shots are **FREE** with a food donation.

For more information:
Call Peg Huie at (732) 493-9520
or visit www.mcrhc.org