SOMERS HEALTH FAIR AND FLU CLINIC

Somers Health and Wellness Association (SHAWA) will be sponsoring a Health Fair along with their annual Seasonal Flu Clinic on Saturday, October 1 from 10 AM to 1 PM at the Somers High School. There will be a variety of vendors all associated with health and wellness issues along with door prizes and demonstrations. Alternative medicine will be featured including free massage, Reiki, Reflexology, Inspired Fitness, Herbal Remedies, Holistic concepts and more. Health screenings will include blood pressure, blood sugar, balance assessment, memory assessment and cholesterol. The Health Fair is open to the public and all ages are encouraged to attend and enjoy the offerings. Lots of Door Prizes.

The Seasonal Flu Clinic will be held in conjunction with the fair. The following restrictions apply:

- You must be 18 years or older
- Not currently receiving radiation, chemotherapy or immunosuppressive therapy
- If you have been treated for Hodgkin's disease, you must present a physician's note.

The following insurance is accepted: Medicare Part B, ConnectiCare – *medicare VIP*, Wellcare, Aetna (Not "Better Health") Blue Cross/Blue Shield (Anthem's J Plan is excluded) Fallon Community Health Plan, Harvard Pilgrim Health Plan. You will be responsible for any co-pay. For those not covered by insurance there will be a $35 fee.

On Tuesday, October 11 there will be a "Special" Flu Clinic held at the Senior Center from 1 – 3PM. This clinic is for persons 65 and older or those who are mentally or physically challenged. Reservations are necessary and can be made by calling the Senior Center at 860-763-4379.

For more information log onto www.somershealthandwellness.org or call 860-749-5411.