

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Sheepscot Valley Health Center holding series of Flu Shot Clinics

COOPERS MILLS - Have you had your flu shot, yet? Sheepscot Valley Health Center is holding a series of flu clinics for current patients throughout October and into early November while supplies last.

Patients are encouraged to schedule an appointment. **The flu clinics all run from 1:30 to 4:00 p.m.** on the following dates:

- Monday, October 16
- Friday, October 20
- Friday, October 27
- Monday, October 31
- Friday, November 3

According to the Maine Center for Disease Control, influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

The health center is located at 47 Main Street in Coopers Mills. For more information, call (207) 549-7581.

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[Sheepscot Valley Health Center](#) is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Sheepscot offers a range of services including family medical care, counseling, and care management to residents of Whitefield, Windsor, Augusta, Jefferson, Washington, Chelsea, South China, and neighboring towns. A reduced fee program is available to uninsured and underinsured residents.