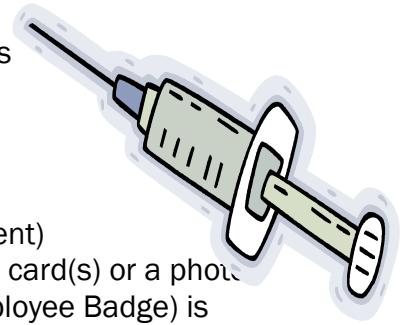


# It's Flu Shot Time Again!

TRUST, in partnership with MVNA will once again be sponsoring flu shot clinics at the TRUST congregations listed.

Reminders:

1. To have Medicare billed, please bring your Medicare Part B card.
2. Ages 3 years and older may receive the flu vaccination (with parent's consent)
3. There are numerous insurance plans accepted this year. Health insurance card(s) or a photo copy (front only) is required for billing. Picture ID (ex. Drivers License or Employee Badge) is required. (This is new for 2010)
4. For the non-insured, the cost is \$26.00 paid in cash or check.
5. Pneumonia shots are also available for \$57.00.
6. Please wear short sleeves.



---

## FLU SHOT CLINICS

Monday, October 18, 10:30 am – 11:30 am, St. John's Episcopal, 4201 Sheridan Ave. S.

Monday, October 18, 12:00 – 2:00 pm, Bethel Lutheran, 4120 17<sup>th</sup> Ave. S. AND HEALTH FAIR CO-SPONSORED BY NOKOMIS HEALTHY SENIORS

Wednesday, October 20, 2:00 – 4:00 pm, St. Joan of Arc, 4537 3<sup>rd</sup> Ave. S.

Wednesday, October 20, 4:00 – 6:00 pm, Bethlehem Lutheran, 4100 Lyndale Ave. S.

Sunday, October 24, 11:30 am – 12:30 pm, Living Spirit UMC, 4501 Bloomington Ave. S.

Monday, October 25, 4:30 pm – 6:30 pm, Mayflower UCC, 106 E Diamond Lake Rd.

Tuesday, October 26, 5:30 pm – 6:30 pm, Lake Nokomis Presbyterian, 1620 E. 46<sup>th</sup> St.

Sunday, October 31, 12:00 – 1:00 pm, Judson Baptist, 4101 Harriet Ave. S.

Sunday, November 7, 11:00 am – 12:00 pm, St. John's Lutheran, 4842 Nicollet Ave. S.

Sunday, November 7, 11:15 am – 12:15 pm, Lynnhurst UCC, 4501 Colfax Ave. S.

Sunday, November 7, 11:30 am – 1:00 pm, Lutheran Church of Christ the Redeemer, 5440 Penn Ave. S.

---

MVNA has all their clinics posted on line at [www.mvna.org](http://www.mvna.org). TRUST flu shot clinics are on the web site at [www.trustinc.org](http://www.trustinc.org). If you have questions, call Pat McLaughlin, TRUST Parish Nurse at 612-822-2394. For more information about TRUST, call 612-827-6159 or visit the web site.

