



Uduka Women's Association of Southern California

# COMMUNITY OUTREACH



When it comes to your loved ones' health,

## Don't Wait. Vaccinate.

**FREE Flu Shots for people who don't have health insurance or whose healthcare provider does not offer flu vaccines.**

**FREE Medi-Cal/Cal-Fresh & Disaster Preparedness Resources:**

**Date:** November 4<sup>th</sup>, 2018  
**Time:** 2:00pm – 4:00pm  
**Location:** St. Eugene Catholic Church  
9505 Haas Avenue  
Los Angeles, CA 90047

Call your doctor before getting vaccinated if you have a severe egg allergy or are sick the day of the clinic.

Call your regular health care provider to learn what other shots you may need. If you don't have a regular doctor, call 2-1-1 for a list of no-cost or low-cost vaccine providers.

**Contacts:** *Lady Mary Ndubuizu – President, (323) 646-2920 - Mrs. Helen Obih – Chairperson (323) 578-5331 – Mrs. Ada Obijiaku – (323) 806-9884 Member*



**Flu vaccines are for everyone six months and older, especially if you:**

- Are pregnant or just had a baby
- Are morbidly obese
- Are a healthcare worker
- Live in a nursing or other long-term care home
- Have a weakened immune system or chronic health problem
- Are a caregiver for kids, older adults, or sick people.
- For vaccine information, please call 323-568-8763

