

# Flu Shots Coming to LG&E Facilities

LG&E and KU's wellness program offers free flu shots (based upon availability of the vaccine) to employees, retirees and spouses. **Please note:** If you cannot make it on a weekday, two Saturday clinics are scheduled.

## Clinics will take place at the following locations:

Date	Location	Time
Fri, Sept. 16	Cane Run	5 - 8:30 a.m.
Wed., Sept. 21	East Operations Center	7 - 9 a.m.; 3 - 4:30 p.m.
Fri., Sept. 23	Trimble County	12:30 - 2:30 p.m.; 6 - 7 p.m.
Thurs., Sept. 29	LG&E Center	7 - 11 a.m.
Fri., Sept. 30	Cane Run	5 - 8:30 a.m.
Sat., Oct. 1	East Operations Center	9 a.m. - noon
Mon., Oct. 10	Auburndale Operations Center	7 - 9 a.m.; 3 - 4 p.m.
Fri., Oct. 14	Mill Creek	2 - 4 p.m.
Mon., Oct. 17	South Service Center	7:30 - 8:30 a.m.
Tues., Oct. 18	Trimble County	12:30 - 2:30 p.m.; 6 - 7 p.m.
Tues., Oct. 18	Ohio Falls	7 - 8 a.m.
Wed., Oct. 19	Broadway Office Complex	7:30 - 11 a.m.
Wed., Oct. 19	Mill Creek	2 - 4 p.m.
Thurs., Oct. 20	Simpsonville Control & Data Center	7 - 9 a.m.
Fri., Oct. 21	Mill Creek	6 - 9 a.m.
Tues., Oct. 25	Muldraugh	8 - 9 a.m.
Wed., Oct. 26	Broadway Office Complex — Annex	7 - 10 a.m.
Thurs., Oct. 27	Magnolia	7:30 - 8:30 a.m.
Fri., Oct. 28	Mill Creek	6 - 9 a.m.
Sat., Nov. 12	Auburndale Operations Center	9 a.m. - noon

Prior to attending a flu shot clinic, please go to <http://www.lge-ku.com/wellness/flushots.asp> for the most up-to-date times, dates and locations.

## What you can do today

Practice the following flu prevention measures and encourage these healthy habits among family members.

- Clean your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- Cover your mouth and nose when you sneeze or cough, preferably with a tissue. Throw the tissue in the trash after you use it. Better still: Cough into your arm/sleeve.
- Avoid touching your eyes, nose or mouth.
- Get plenty of sleep.
- Exercise.
- Manage your stress.
- Drink plenty of fluids.
- Eat nutritious foods.



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# Flu Shot Clinics 2011