

## HEALTH AND WELLNESS

### LET OUR VOICES SOAR

#### September Bulletin

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As the fall approaches, remember Flu Season is coming. If you are able, please visit a local drug store that participates in Shot at Life, get your flu shot and encourage your club members to also get the shot. Just remember to bring your insurance information and the shot will be at no charge to you. Walgreens Drug stores participate in Shot at Life.

Think about UNICEF. Plan a Halloween themed fund raiser. Check the UNICEF website for ideas. [www.unicefusa.org/trick-or-treat](http://www.unicefusa.org/trick-or-treat).

It may be a good time to order Red Dress pins for Red Dress Day, the first Friday in February. The pins are available to purchase online so everyone can have one. [www.shopheart.org/red-dress-lapel-pins-25-pack](http://www.shopheart.org/red-dress-lapel-pins-25-pack)

The cost is \$19.95 for 25 pins.