



FOR IMMEDIATE RELEASE
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Sacred Heart to Provide Free Flu Shots in October

Everyone 6 months and older is recommended for annual influenza vaccination, with rare exceptions, according to the Centers for Disease Control. It is also recommended that pregnant women and people with chronic health conditions get the vaccination. It's important to get the vaccination early to allow for antibodies to build up – before the flu begins to spread in a community.

For adults ages 18 and older, Sacred Heart Health System will provide free flu shots at locations in Pensacola and Cantonment, as well as free heart-health screenings at one location in Pensacola. Heart-health screenings will measure blood pressure, blood sugar and total cholesterol, and can detect anemia. The screenings are helpful in diagnosing conditions that put people at high risk for heart attack, stroke, diabetes and other health problems.

Following is the schedule for October:

- Oct. 12 from 9 to 11:30 a.m. at Westminster Village, 1900 W. Moreno St., Building 3, Pensacola. Heart-health screenings only.
- Oct. 13 from 9 to 11:30 a.m. at Damascus Road Missionary Baptist Church, 8198 Untreiner Ave., Pensacola. Flu shots only.
- Oct. 16 from 9 to 11:30 a.m. at Bethel AME Church, 511 Woodland Ave., Pensacola. Flu shots only.
- Oct. 17 from 9 to 11:30 a.m. at Cobb Center, 601 E. Mallory St., Pensacola. Flu shots only.
- Oct. 18 from 10 a.m. to 1 p.m. at Deliverance Tabernacle, 1780 W. Detroit St., Pensacola. Flu shots only.
- Oct. 20 from 9 to 11:30 a.m. at St. Monica's Episcopal Church, 699 S. Hwy. 95A, Cantonment. Flu shots only.
- Oct. 22 from 9 to 11:30 a.m. at St. John's Catholic Church, 320 Valencia St., Pensacola. Flu shots only.
- Oct. 23 from 9 to 11:30 a.m. at Charity Chapel, 5807 Dallas Ave., Pensacola. Flu shots only.
- Oct. 24 from 9 to 11:30 a.m. at Little Flower Catholic Church, 6495 Lillian Hwy., Pensacola. Flu shots only.
- Oct. 25 from 9 to 11:30 a.m. at Victory Assembly of God, 1895 Victory Rd., Cantonment. Flu shots only.
- Oct. 30 from 9 to 11:30 a.m. at St. Mary's Catholic Church, 401 Van Pelt Lane, Pensacola. Flu shots only.
- Oct. 31 from 9 to 11:30 a.m. at Wesco Senior Center, 904 N. 57th St., Pensacola. Flu shots only.

For more information about Sacred Heart's "Mission in Motion" community-health screenings, please call 850-416-7826.

About Sacred Heart Health System

In Florida, Ascension operates Sacred Heart Health based in Pensacola and St. Vincent's HealthCare based in Jacksonville. Together, Ascension operates seven hospitals in Florida and more than 100 other sites of care, and they employ nearly 10,000 associates. Across the region, Sacred Heart and St. Vincent's have served North Florida

communities for more than 145 years. In fiscal year 2017, they provided \$168 million in community benefit and care of persons living in poverty. Ascension (www.ascension.org) is a faith-based healthcare organization dedicated to transformation through innovation across the continuum of care. As the largest non-profit health system in the U.S. and the world's largest Catholic health system, Ascension is committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. Ascension includes approximately 165,000 associates and 34,000 aligned providers. Ascension's Healthcare Division operates more than 2,600 sites of care – including 153 hospitals and more than 50 senior living facilities – in 22 states and the District of Columbia. For more information on Sacred Heart Health System, visit www.sacred-heart.org.

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