



## Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## A flu free New Year

### It's not too late for your influenza immunization

You resolve to start the year healthy. To eat well, be active... but what about your influenza immunization?

Influenza has arrived in Alberta. As of December 18, more than 1,470 cases of influenza have been confirmed in Alberta. Of these cases, 260 have been hospitalized. Tragically, 10 have passed away.

No matter how healthy you think you are, if you haven't been immunized yet this season, you're at risk of contracting influenza too.

The good news? Influenza immunization is still available, free of charge, to all Albertans six months of age and older.

Start your year healthy and stay that way; get immunized today.

For more information, including local clinic schedules, visit [www.albertahealthservices.ca/influenza](http://www.albertahealthservices.ca/influenza) or call Health Link Alberta at 1.866.408.5465.