

The Middlesex County Office of Health Services is offering **FREE** flu shots to Middlesex County residents (Proof of residency required) 6 months of age and over that meet the eligibility requirements.

The flu shots can significantly lower the risk of Influenza related illnesses, hospitalizations, and death and provide protection for you and your family.

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**UPCOMING FLU SCHEDULE:**

WEDNESDAY, OCTOBER 5	10 AM - 11 AM	<b>SOUTH AMBOY SENIOR CENTER</b> 108 S. STEVEN'S AVENUE, SOUTH AMBOY, NJ 08879
FRIDAY, OCTOBER 7	10 AM - 11 AM	<b>MONROE SENIOR CENTER</b> 12 HALSEY REED ROAD, MONROE, NJ 08831
TUESDAY, OCTOBER 11	9 AM - 12 PM	<b>HIGHLAND PARK SENIOR CENTER</b> 220 S. 6TH AVENUE, HIGHLAND PARK, NJ 08904
WEDNESDAY, OCTOBER 12	9 AM - 12 PM	<b>PISCATAWAY SENIOR CENTER</b> 700 BUENA VISTA AVENUE, PISCATAWAY, NJ 08854
THURSDAY, OCTOBER 13	10 AM - 12 PM	<b>MILLTOWN SENIOR CENTER</b> 60 VIOLET TERRACE, MILLTOWN, NJ 08850
THURSDAY, OCTOBER 13	4 PM - 5:30 PM	<b>CARTERET COMMUNITY CENTER</b> 100 COOKE AVENUE, CARTERET, NJ 07008
FRIDAY, OCTOBER 14	10 AM - 11 AM	<b>SAYREVILLE SENIOR CENTER</b> 423 MAIN STREET, SAYREVILLE, NJ 08872
FRIDAY, OCTOBER 14	1 PM - 3 PM	<b>OLD BRIDGE SENIOR CENTER</b> 1 OLD BRIDGE PLAZA, OLD BRIDGE, NJ 08857
TUESDAY, OCTOBER 18	12 PM - 1 PM	<b>METUCHEN SENIOR CENTER</b> 15 CENTER STREET, METUCHEN, NJ 08840
WEDNESDAY, OCTOBER 19	10 AM - 12 PM	<b>NORTH BRUNSWICK SENIOR CENTER</b> 15 LINWOOD PLACE, NORTH BRUNSWICK, NJ 08902
THURSDAY, OCTOBER 20	1 PM - 3 PM	<b>PLAINSBORO RECREATION &amp; CULTURAL CENTER</b> 641 PLAINSBORO ROAD, PLAINSBORO 08536
TUESDAY, OCTOBER 25	10 AM - 11 AM	<b>FIRST PRESBYTERIAN CHURCH METUCHEN</b> 270 WOODBRIDGE AVENUE, METUCHEN 08840
FRIDAY, OCTOBER 28	1 PM - 2 PM	<b>NEW BRUNSWICK SENIOR CENTER</b> 81 HUNTINGTON STREET, NEW BRUNSWICK 08901

For more information please call the Middlesex County Office of Health Services at 732-745-3100