

FOR IMMEDIATE RELEASE

October 3, 2006

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**CITY SAFE PRESENTS FREE PROGRAM  
“THE FLU & YOU” ON SATURDAY, OCTOBER 28**

**GLENDALE, Ariz.** – The odds are that either you or someone you know will come down with the flu sometime this winter. And, despite what you might think, the flu is nothing to sneeze at.

The flu, or influenza, is a serious disease of the lungs, nose and throat that can lead to pneumonia and other health-related complications. Each year, approximately 200,000 people in the U.S. are hospitalized and about 36,000 people die from the flu, according to the Center for Disease Control.

In an effort to help residents learn more on how they can prepare for the upcoming flu season, Glendale Mayor Elaine Scruggs is presenting a free CITY SAFE program, “*The Flu & You*,” from 9 – 11 a.m. Saturday, Oct. 28 at the Glendale Adult Center, 5970 W. Brown St.

The educational portion of the program, which begins at 9:30 a.m., will feature guest speakers from the Maricopa County Health Department, Banner Thunderbird Medical Center, Arrowhead Hospital, Midwestern University and Glendale Fire Department.

Residents will learn how to minimize the risks of getting the flu, who is at greatest risk of flu complications, when to seek medical treatment and much more.

A health fair will be held ½-hour before and after the educational program.

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FLU/add 1-1-1

“We want to do everything possible to prepare citizens for the upcoming flu season because, once the influenza hits, it can spread quickly from person to person throughout our community,” said Glendale Mayor Elaine Scruggs, who is hosting the CITY SAFE program.

“In addition, there have been numerous media reports about the possibilities of a global flu outbreak and the avian (or bird) flu reaching our country, so we want to make sure residents have the most up-to-date information on these critical health issues being discussed by health professionals in the U.S. and around the world.”

To RSVP for the free program, call 623-930-2259 or visit [www.glendaleaz.com/rsvp](http://www.glendaleaz.com/rsvp). The registration deadline is Oct. 25, and seating is limited.

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