

Happy Holidays from Eisenhower Medical Center!

We wish you a healthy holiday season! As we enter the cooler winter months, flu season is upon us! The Center for Disease Control states, “The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January or February.” Give yourself a holiday present – a flu shot. Eisenhower provides flu shots at our Urgent Care clinics. [Click here](#) for a list of locations and more information.

Be sure to read about Eisenhower’s new Wellness Matters Lecture Series below!

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