

# Senior Health Chats

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SCRIPPS MERCY HOSPITAL CHULA VISTA WELL BEING CENTER

## *Cold vs Flu*

Muscle aches, coughing, fever, sore throat, runny nose and fatigue. Are you feeling under the weather? Do you have a common cold or the flu? The symptoms are similar but there is a difference between the two! Come and learn how to tell the difference between the common cold and the flu and suggested treatments.

**Presentations are *FREE* of Charge**

*Presented by: Scripps Mercy Hospital Chula Vista Well-Being Center*

### **PRESENTATION DATES, TIMES & LOCATIONS**

**Monday, September 10, 2012**

**10 AM**

**Norman Park Center**

270 F Street

Chula Vista, CA 91911

**Monday, September 17, 2012**

**10 AM**

**Scripps Well-Being Center**

237 Church Avenue

Chula Vista, CA 91910

*For more information please call (619) 862-6600 or 1(800) SCRIPPS*