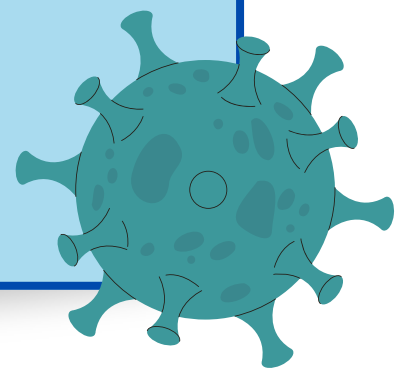


IS IT TIME TO UPDATE



your coronavirus vaccine

The virus that causes coronavirus still exists and is monitored by the CDC.



New recommendations as of April 2023 indicate that individuals 6 years and older, especially those 65 and older or those with weakened immune systems, receive the updated (bivalent) vaccine *

Ask your pharmacist or healthcare provider if you are up to date on your coronavirus vaccine!

MORE INFORMATION
COACHINGYOUUP.ORG



*Stay Up to Date with COVID-19 Vaccines (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>)
CDC - Current VISs - (<https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>)

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