



Improved quadrivalent flu vaccine available!

This flu shot protects against 4 different strains. According to the CDC, adding the 4th strain significantly broadens the protection against circulating flu viruses. You will protect yourself and others!

Be a flu shot hero and get vaccinated! Visit your local Adventist Health medical office to get your flu shot and let us help you protect your friends, family and community today.

Medical Office – Banks

12350 NW Main, Suite 112, Banks
(503) 324-1568

Tuesdays

7:30 am to 1 pm

October 15, 22, 29

November 5, 12, 19

December 3, 10, 17

Wednesdays

1 pm to 6:30 pm

October 16, 23, 30

November 6, 13, 20

December 4, 11, 18

Medical Office – Vernonia

1005 Cougar Street, Vernonia
(503) 429-1953

Mondays

1 pm to 5:30 pm

October 14, 21, 28

November 4, 11, 18

December 2, 9, 16

Thursdays

7:30 am to 1 pm

October 17, 24, 31

November 7, 14, 21

December 5, 12, 19

For more information on staying well during flu season, visit: flu.gov



A service of Adventist Health Tillamook RHC/Medical Office Network

Home Owners

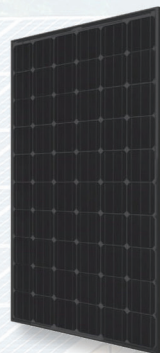
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Federal Solar incentives have never been better for off grid and on grid systems.

Go SOLAR in the month of August and we will install an energy efficient smart thermostat and an LED lighting package in your home for FREE!



Up to 85% Off after all available Incentives



Call Now

Trent Van Dyke
503-477-2556
trent@myblueskysolar.com

Business Owners

Increase the value of your real estate while decreasing your fixed utility costs!

Cover up to 85% of all equipment and installation SOLAR costs with credits, incentives, and grants available for rural businesses.

We handle all grant writing as a FREE service to you, and will include an EV charging station with every installation.