The Missiquoi North Youth Centre in Mansonville is offering a dance class for youth ages 5-12 on Saturdays from 1:00 to 3:00pm at the Youth Centre located at 282 Principale. A variety of numbers will be performed at the youth talent show held in June of each year and will feature dances from the decades; 50’s, 60’s, 70’s, 80’s, 90’s and 2000’s. For the past two weeks the kids have been enjoying the music of the 70’s and have come down with a severe case of “disco fever.”

Holding classes on Saturdays has made it easier for youth from Mansonville, Bolton and Knowlton to attend.

The groups for older youth continue meeting from 6-7pm followed by the Friday Against Destructive Decisions (SADD) pilot leadership project has been expanded with many more youth of all ages taking part and more groups operating.

The weekly boys and girls groups (boys on Thursdays) and (girls on Fridays) from after school to 4:30pm continue this year for youth ages 5-12 and in fact, these weekly groups have been welcoming youth for the last thirty years. With 20 youth registered thus far in each of the two groups, animators are looking forward to a full-filled year.

The groups for older youth continue at the centre as well. Friday Students Against Destructive Decisions (SADD) meets from 6-7pm followed by the Friday floor and costume department. When weather permits, the backyard offers a basketball court, volleyball, badminton and more…

For more information about the youth centre and its programs, visit www.cabmn.org or call the number listed above.

Various members of the Saturday Dance group ages 5-12 enjoying Disco Fever as they prepare dances for the 2017 Youth Talent Show!

Drop-in for youth ages 12 and up. Saturdays from 6-10pm is the Saturday Drop-in where the youth enjoy the use of two pool tables, air hockey, table soccer, internet/computer access, ping pong, Playstation 4, Cable TV through free service from Axion Cable and much more…

New this year the Centre has added a music room in the basement where youth can also enjoy the mirrored dance

Get vaccinated if you live with a chronic illness

Vaccination is free for:
- Children age 6 to 23 months
- Pregnant women in the 2nd or 3rd trimester of pregnancy
- Anyone age 2 to 60 years with a chronic disease, including pregnant women regardless of the stage of pregnancy
- Anyone age 60 or older
- Family members of children under the age of 6 months and the people referred to above
- Health-care workers

**HEALTHY HABITS:**

- Wash your hands often with soap and water for at least 20 seconds, or use hand sanitizer.
- Cover your mouth and nose with a mask or cloth when you cough or sneeze.
- Avoid close contact with people who are sick.

Make your appointment starting on Monday, October 24 at monvaccin.ca.

Make your appointment at monvaccin.ca.

If you don’t have Internet access, call one of the following numbers:
- RLS de la Pommeraie: 450-248-4321, extension 5044, or 450-263-0670
- RLS de Memphrémagog: 819-843-2572, extension 2666
- RLS de Coaticook: 819-849-9102, extension 57302
- RLS du Haut-Saint-François: 819-821-4000, extension 38498
- RLS de Val-Saint-François: 819-542-2777, extension 55393
- RLS de Sherbrooke: 819-780-2222

**EXCLUSIONS:**

- Those with a severe allergy to one of the vaccine components
- Those with a history of Guillain-Barré syndrome (GBS) following administration of the trivalent inactivated influenza virus vaccine (TIV)
- Those with a history of a severe reaction to influenza vaccine

**COMPLICATIONS:**

- Fatigue
- Chills
- Headache
- Cough
- Nausea

**PREVENTION:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with a mask when you cough or sneeze.
- Wash your hands often with soap and water for at least 20 seconds.
- Use hand sanitizer that contains at least 60% alcohol.

**READ THE LABEL:**

- Check the label on your vaccine to see if you have any contraindications or precautions.
- Your provider will give you information on how to prevent the flu.
- If you have any questions, ask your provider.

**SURVIVAL GUIDE:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with a mask when you cough or sneeze.
- Wash your hands often with soap and water for at least 20 seconds.
- Use hand sanitizer that contains at least 60% alcohol.

**GET VACCINATED IF YOU LIVE WITH A CHRONIC ILLNESS**

- Diabetes, an immune disorder or a cardiovascular, respiratory or kidney disease

**VACCINATION BY APPOINTMENT ONLY AT MONVACCIN.CA**

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**MAKE YOUR APPOINTMENT STARTING ON MONDAY, OCTOBER 24 AT MONVACCIN.CA**

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