

## Parents' guide to surviving the cold and flu season

Learn about preventive cold and flu methods during a free program presented by King Public Library and King City Guardian pharmacy.

This parents' guide to keeping the family healthy, happy and 'runny nose' free during the cold winter months, takes place Monday, Nov. 4 at the King City Library, 10-11 a.m. Please register at the King City branch, 905-833-5101. Babies and toddlers are welcome to come to the seminar.

The cold and flu season is upon us and there is nothing more challenging than having a cold run through the whole family. Come to this seminar and get more informed about signs and symptoms; how to boost your's and your child's immunity; safe and effective use of over the counter medications, and the role of the flu vaccine.

Effective conventional, natural and alternative therapies will be discussed by pharmacist and registered holistic nutritionist, Aziza Amarshi, from King City Guardian pharmacy.