



Health & Safety : Get our flu shot



The continued presence of COVID in our communities makes getting a flu shot all the more important. Getting COVID and flu vaccines are the best way to keep you and those around you safe and healthy.

Get a flu shot at any of our clinics.

■ Nutrition and Fitness manager Kat Wiggins retires after a career of profound contributions

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Staying healthy means being good to your immune system:

- A healthy diet – When you have your check-in with your



NORTHWEST
Kidney Centers
700 Broadway • Seattle WA 98122

RETURN SERVICE REQUESTED