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Liberal store to participate in program

• Special to the Daily Leader It's hard to believe it's already that time, but the Muscular Dystrophy Association (MDA) will offer free seasonal flu shots beginning today to people who have muscular dystrophy and related diseases. This year's flu vaccine protects against seasonal flu as well as H1N1. MDA is again teaming up with Walgreens to make it easier for people to receive their free flu shots with vouchers that can be requested from MDA and redeemed at any of more than 7,500 Walgreens pharmacies as well as the more than 350 Take Care Clinics located at select Walgreens stores.

Flu shots are available at all Walgreens pharmacies and Take Care Clinics nationwide, every day during nearly all pharmacy and clinic hours with no appointment necessary.

Muscular dystrophy and other neuromuscular diseases, especially those that progress in severity, can weaken muscles involved with breathing.

The flu is particularly hazardous for those with muscular dystrophy, spinal muscular atrophy (SMA) and amyotrophic lateral sclerosis (ALS, or Lou Gehrig's disease).

MDA Executive Vice President Research and Medical Director Valerie Cwik, M.D., said the Association's annual flu vaccine campaign helps provide protection for those who need it most.

"We're delighted to be partnering with Walgreens. Both adults and children with these diseases may already have weakened respiratory systems, making them particularly vulnerable to complications of the flu, so it's vital for MDA to provide flu shots. Through our partnership with Walgreens, we're providing convenient access to immunizations, which are the best protection against the flu virus."

For information about obtaining a flu shot for someone with a disease covered by MDA or securing a flu shot voucher, call 888-FIGHT-MD (888-344-4863), or visit [www.mda.org](http://www.mda.org). MDA has 200 clinics nationwide where flu shots also may be obtained. Please contact your local MDA office for vaccination availability through the MDA clinic serving your area.

To contact a Walgreens location near you, visit [www.walgreens.com/flu](http://www.walgreens.com/flu) or call 1-800-Walgreen's (800-925-4733) for further information.

MDA is the non-profit health agency dedicated to curing muscular dystrophy, ALS and related

diseases by funding worldwide research. The association also provides comprehensive health care and support services, advocacy and education.

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