

instaClinic and Schnucks have teamed up to make getting your flu shot painless this year. Fast, convenient, affordable.

instaClinic Flu Shot Schedule for the metro St. Louis area

▶ ST. CHARLES COUNTY

Cottleville , 6083 Mid Rivers Mall Drive			
9/29	9 am - 1 pm	10/31	10 am - 2 pm
10/14	12 pm - 4 pm	11/15	3 pm - 7 pm
Dardenne Crossing , 3029 Highway K			
9/29	2 pm - 6 pm	11/11	12 pm - 4 pm
10/7	10 am - 2 pm	11/29	3 pm - 7 pm
10/27	9 am - 1 pm		
Duchesne , 800 S. Duchesne Road			
9/30	12 pm - 4 pm	11/10	9 am - 1 pm
10/18	3 pm - 7 pm	12/6	3 pm - 7 pm
10/27	2 pm - 6 pm		
Harvester , 48 Plaza Ninety-Four Drive			
10/3	10 am - 2 pm	11/8	3 pm - 7 pm
10/13	2 pm - 6 pm	11/14	10 am - 2 pm
10/28	12 pm - 4 pm		
Lake St. Louis , 101 Civic Center Drive			
10/4	3 pm - 7 pm	11/25	12 pm - 4 pm
10/20	9 am - 1 pm	12/12	10 am - 2 pm
11/1	3 pm - 7 pm		
Mid Rivers* , 577 Mid Rivers Mall Drive			
10/6	9 am - 1 pm	11/28	10 am - 2 pm
11/4	12 pm - 4 pm	12/16	12 pm - 4 pm
O'Fallon , 8660 Veterans Memorial Pkwy.			
10/6	2 pm - 6 pm	11/24	9 am - 1 pm
10/11	3 pm - 7 pm	12/5	10 am - 2 pm
10/24	10 am - 2 pm	12/15	9 am - 1 pm
Wentzville Crossing , 1960 Wentzville Pkwy.			
10/7	12 pm - 4 pm	11/3	9 am - 1 pm
10/10	10 am - 2 pm	12/2	12 pm - 4 pm
10/25	3 pm - 7 pm		
Zumbehl , 1950 Zumbehl Road			
10/13	9 am - 1 pm	11/18	12 pm - 4 pm
10/20	2 pm - 6 pm	12/13	3 pm - 7 pm
11/7	10 am - 2 pm		

▶ METRO ILLINOIS

Alton* , 2811 Homer Adams Parkway			
9/29	9 am - 1 pm	11/18	12 pm - 4 pm
10/13	9 am - 1 pm	11/28	10 am - 2 pm
Belleville East , 110 Carlyle Plaza Drive			
9/29	2 pm - 6 pm	11/4	12 pm - 4 pm
10/10	10 am - 2 pm	11/24	9 am - 1 pm
10/25	3 pm - 7 pm	12/12	10 am - 2 pm
Belleville West , 5720 North Belt West			
9/30	12 pm - 4 pm	11/7	10 am - 2 pm
10/18	3 pm - 7 pm	11/10	9 am - 1 pm
10/27	2 pm - 6 pm	12/6	3 pm - 7 pm
Cahokia , 1615 Camp Jackson			
10/3	10 am - 2 pm	10/24	10 am - 2 pm
10/14	12 pm - 4 pm	11/25	12 pm - 4 pm
Collinsville* , 501 Belt Line Road			
10/4	3 pm - 7 pm	10/27	9 am - 1 pm
10/17	10 am - 2 pm	12/1	9 am - 1 pm
East St. Louis , 2511 State Street			
10/6	9 am - 1 pm	11/10	2 pm - 6 pm
10/31	10 am - 2 pm		
Edwardsville* , 2222 Troy Road			
10/6	2 pm - 6 pm	11/17	9 am - 1 pm
10/21	12 pm - 4 pm	12/9	12 pm - 4 pm
Fairview Heights , 625 Lincoln Hwy			
10/7	12 pm - 4 pm	11/14	10 am - 2 pm
10/20	9 am - 1 pm	11/29	3 pm - 7 pm
11/8	3 pm - 7 pm		
Godfrey , 2712 Godfrey			
10/6	9 am - 1 pm	11/11	12 pm - 4 pm
10/20	2 pm - 6 pm	12/8	9 am - 1 pm
10/28	12 pm - 4 pm		
Granite City , 3100 Madison Avenue			
10/11	3 pm - 7 pm	12/2	12 pm - 4 pm
10/20	9 am - 1 pm	12/13	3 pm - 7 pm
11/3	2 pm - 6 pm		
Swansea* , 2665 North Illinois Street			
9/29	2 pm - 6 pm	11/1	3 pm - 7 pm
10/13	9 am - 1 pm	12/15	9 am - 1 pm
Waterloo , 738 N. Market			
9/30	12 pm - 4 pm	11/15	3 pm - 7 pm
10/13	2 pm - 6 pm	12/5	10 am - 2 pm
11/3	9 am - 1 pm	12/16	12 pm - 4 pm

▶ NORTH COUNTY

Bridgeton , 11253 St. Charles Rock Road			
9/29	9 am - 1 pm	11/10	2 pm - 6 pm
10/17	10 am - 2 pm	12/6	3 pm - 7 pm
10/28	12 pm - 4 pm		
Cool Valley , 1225 S. Florissant Road			
10/6	9 am - 1 pm	11/15	3 pm - 7 pm
10/21	12 pm - 4 pm		
Cross Keys , 13987 New Halls Ferry Road			
9/29	2 pm - 6 pm	11/24	9 am - 1 pm
10/14	12 pm - 4 pm	12/13	3 pm - 7 pm
10/31	10 am - 2 pm		
Florissant , 8200 N Lindbergh			
10/6	2 pm - 6 pm	11/29	3 pm - 7 pm
10/24	10 am - 2 pm	12/15	9 am - 1 pm
11/4	12 pm - 4 pm		
Grandview , 74 Grandview Plaza			
9/30	12 pm - 4 pm	11/14	10 am - 2 pm
10/13	9 am - 1 pm	12/12	10 am - 2 pm
11/1	3 pm - 7 pm		
Overland , 9074 Overland Plaza			
10/7	12 pm - 4 pm	11/10	9 am - 1 pm
10/25	3 pm - 7 pm	12/5	10 am - 2 pm
Shackelford , 1160 Shackelford			
10/3	10 am - 2 pm	11/7	10 am - 2 pm
10/13	2 pm - 6 pm	12/9	12 pm - 4 pm
Sierra Vista , 1589 Sierra Vista Plaza			
10/10	10 am - 2 pm	11/25	12 pm - 4 pm
11/3	9 am - 1 pm		
University City , 6920 Olive Blvd			
10/4	3 pm - 7 pm	11/11	12 pm - 4 pm
10/20	9 am - 1 pm	11/28	10 am - 2 pm
Westfall Plaza , 8037 West Florissant			
10/11	3 pm - 7 pm	11/18	12 pm - 4 pm
10/27	9 am - 1 pm		
West County			
Ballwin , 15425 Manchester			
9/29	9 am - 1 pm	11/18	12 pm - 4 pm
10/17	10 am - 2 pm	12/8	9 am - 1 pm
11/1	3 pm - 7 pm	12/16	12 pm - 4 pm
Brentwood , 8800 Manchester			
10/6	2 pm - 6 pm	11/25	12 pm - 4 pm
10/24	10 am - 2 pm	12/12	10 am - 2 pm
11/8	3 pm - 7 pm		

Chesterfield , 141 Hilltown Village			
9/29	2 pm - 6 pm	11/15	3 pm - 7 pm
10/14	12 pm - 4 pm	12/1	9 am - 1 pm
10/31	10 am - 2 pm	12/13	3 pm - 7 pm
Creve Coeur , 10650 Olive Blvd.			
10/4	3 pm - 7 pm	11/17	2 pm - 6 pm
10/21	12 pm - 4 pm	11/29	3 pm - 7 pm
11/7	10 am - 2 pm	12/15	9 am - 1 pm
Des Peres , 11945 Manchester			
9/30	12 pm - 4 pm	11/14	10 am - 2 pm
10/13	2 pm - 6 pm	12/6	3 pm - 7 pm
10/27	9 am - 1 pm	12/19	10 am - 2 pm
Dorsett , 2030 Dorsett Road			
10/7	12 pm - 4 pm	11/14	12 pm - 4 pm
10/20	9 am - 1 pm	11/28	10 am - 2 pm
10/25	3 pm - 7 pm	12/5	10 am - 2 pm
Eureka Pointe , 245 East 5th Street			
10/3	10 am - 2 pm	11/10	2 pm - 6 pm
10/13	9 am - 1 pm	12/20	3 pm - 7 pm
10/28	12 pm - 4 pm		
Kirkwood , 10233 Manchester			
10/10	10 am - 2 pm	11/11	12 pm - 4 pm
10/20	2 pm - 6 pm	11/24	9 am - 1 pm
11/3	9 am - 1 pm		
Ladue , 8867 Ladue			
10/4	3 pm - 7 pm	11/7	10 am - 2 pm
10/13	9 am - 1 pm	11/25	12 pm - 4 pm
10/27	2 pm - 6 pm	12/6	3 pm - 7 pm
Lindbergh , 10275 Clayton Road			
10/6	9 am - 1 pm	12/2	12 pm - 4 pm
10/18	3 pm - 7 pm	12/12	10 am - 2 pm
11/10	2 pm - 6 pm		
Mason , 12756 Olive Blvd.			
10/6	9 am - 1 pm	11/28	10 am - 2 pm
10/21	12 pm - 4 pm	12/9	12 pm - 4 pm
11/8	3 pm - 7 pm		
Richmond Center , 6600 Clayton Road			
10/6	2 pm - 6 pm	11/10	9 am - 1 pm
10/24	10 am - 2 pm	11/29	3 pm - 7 pm
11/4	12 pm - 4 pm	12/8	9 am - 1 pm
Webster Groves , 8650 Big Bend			
10/7	12 pm - 4 pm	11/17	9 am - 1 pm
10/25	3 pm - 7 pm	12/5	10 am - 2 pm
11/3	2 pm - 6 pm		

Wildwood, 16580 Manchester

10/10 10 am - 2 pm 11/24 9 am - 1 pm
10/20 2 pm - 6 pm 12/9 12 pm - 4 pm
11/1 3 pm - 7 pm

Woods Mill, 1060 Woods Mill Plaza

10/11 3 pm - 7 pm 11/17 2 pm - 6 pm
10/20 9 am - 1 pm 12/2 10 am - 2 pm
10/31 10 am - 2 pm

New Twin Oaks, 1393 Big Bend; Suite 1

10/3 10 am - 2 pm 11/18 12 pm - 4 pm
10/18 3 pm - 7 pm 12/1 9 am - 1 pm
10/27 9 am - 1 pm

▶ **SOUTH COUNTY; JEFFERSON COUNTY**

Affton, 10070 Gravois

9/29 2 pm - 6 pm 11/18 12 pm - 4 pm
10/17 10 am - 2 pm 12/8 9 am - 1 pm
11/1 3 pm - 7 pm 12/16 12 pm - 4 pm

Arnold, 30 Arnold Mall

10/6 9 am - 1 pm 11/8 3 pm - 7 pm
10/21 12 pm - 4 pm 12/5 10 am - 2 pm

Butler Hill*, 4333 Butler Hill

10/13 2 pm - 6 pm 11/17 9 am - 1 pm
10/31 10 am - 2 pm 12/13 3 pm - 7 pm

Concord Village, 5434 Southfield Center

9/29 9 am - 1 pm 11/10 2 pm - 6 pm
10/14 12 pm - 4 pm 11/29 3 pm - 7 pm
11/7 10 am - 2 pm 12/12 10 am - 2 pm

Crestwood, 9540 Watson Road

10/6 2 pm - 6 pm 11/14 10 am - 2 pm
10/18 3 pm - 7 pm 12/2 12 pm - 4 pm
10/28 12 pm - 4 pm 12/15 9 am - 1 pm

Dillon, #20 Gravois Dillon Plaza

9/30 12 pm - 4 pm 11/15 3 pm - 7 pm
10/20 2 pm - 6 pm 11/28 10 am - 2 pm
10/27 9 am - 1 pm 12/1 9 am - 1 pm

Festus, 1181 Gannon Plaza

10/3 10 am - 2 pm 10/27 2 pm - 6 pm
10/10 10 am - 2 pm 11/11 12 pm - 4 pm
10/13 9 am - 1 pm 11/25 12 pm - 4 pm
10/25 3 pm - 7 pm

Richardson Road, 3900 Vogel Road

10/4 3 pm - 7 pm 11/4 12 pm - 4 pm
10/20 9 am - 1 pm 12/9 12 pm - 4 pm

Telegraph, 5519 Oakville Shopping Ctr.

10/7 12 pm - 4 pm 11/3 9 am - 1 pm
10/11 3 pm - 7 pm 11/10 9 am - 1 pm
10/24 10 am - 2 pm 12/6 3 pm - 7 pm

▶ **SOUTH CITY**

Arsenal, 5055 Arsenal

9/30 12 pm - 4 pm 11/14 10 am - 2 pm
10/18 3 pm - 7 pm 11/29 3 pm - 7 pm
10/27 9 am - 1 pm

Gravois, 7450 Hampton Avenue

10/6 9 am - 1 pm 11/15 3 pm - 7 pm
10/21 12 pm - 4 pm 12/1 9 am - 1 pm
11/7 10 am - 2 pm

Hampton Village, 60 Hampton Village Plaza

9/29 9 am - 1 pm 11/8 3 pm - 7 pm
10/14 12 pm - 4 pm 12/5 10 am - 2 pm
10/31 10 am - 2 pm

Loughborough, 1020 Loughborough

10/6 2 pm - 6 pm 11/10 9 am - 1 pm
10/20 9 am - 1 pm 11/28 10 am - 2 pm
11/4 12 pm - 4 pm 12/2 12 pm - 4 pm

South City, 3430 S. Grand

9/29 2 pm - 6 pm 10/24 10 am - 2 pm
10/13 9 am - 1 pm 11/18 12 pm - 4 pm

▶ **NORTH CITY**

City Plaza, 3431 Union

10/3 10 am - 2 pm 11/11 12 pm - 4 pm
10/20 2 pm - 6 pm 12/6 3 pm - 7 pm

Kossuth, 4127 N. Grand

10/4 3 pm - 7 pm 10/17 10 am - 2 pm
10/13 2 pm - 6 pm 10/28 12 pm - 4 pm

▶ **CENTRAL CITY**

Lindell*, 4171 Lindell Blvd.

10/10 10 am - 2 pm 11/17 9 am - 1 pm
10/27 2 pm - 6 pm

***Immunizations are available at this store most days of the week. Call for details.**

Reserve your flu shot by pre-purchasing it at any Schnucks check-out register for \$25. Just save your receipt. Cash, check, charge or Medicare insurance accepted. For more information, visit www.instaclinic.com.

It's Flu Season: Are You At Risk?

- ▶ Each year, up to 20 percent of Americans get the flu, with children, older adults and those with chronic health conditions especially at risk.
- ▶ Influenza is very contagious and spread from person to person by sneezing, coughing and touching someone with the virus.
- ▶ A person is contagious even before they are aware they are ill.
- ▶ That's why healthcare providers strongly recommend the protection of the flu vaccine.

instaClinic provides immunizations, screenings and prompt treatment for flu, strep, ear infections, sprains, allergies and more for your entire family. In addition to the flu clinics scheduled for all metro area Schnucks stores, *instaClinic* provides care for common illnesses, physicals and immunizations at its clinics located in select Schnuck Markets—no appointment necessary..

For more information, call 314-238-1337 or visit www.instaclinic.com.



Have you had your flu shot yet?

instaClinic
Why wait to feel better?

The caring staff of *instaClinic* will be administering the flu vaccine across all metro area Schnucks through mid-December. Look inside for the location, date and time most convenient for you.

Schnucks

instaClinic
Why wait to feel better?

Schnucks