

# BE YOUR OWN HEALTH HERO

PROTECT YOURSELF THIS WINTER



FLU VACCINE



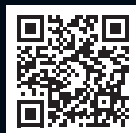
COVID VACCINE



PNEUMOCOCCAL VACCINE



TALK TO YOUR GP  
OR PHARMACIST



[NBMPHN.COM.AU/HEALTHHERO](http://NBMPHN.COM.AU/HEALTHHERO)



 **Wentworth  
Healthcare**  
Blue Mountains | Hawkesbury | Lithgow | Penrith