



# 2017

## FLU (Quadrivalent) \$40

New preservative-free flu vaccine which protects against four flu strains (2A and 2B).

## PNEUMONIA \$110

Helps protect long term, depending on risk, against 23 types of bacterial pneumonia, deadly blood infections, and meningitis.

### Both vaccines are covered by:

- Medicare B
- Humana Gold Choice
- BLUE CROSS BLUE SHIELD OF ARIZONA  
Excluding Medicare supplement customers.  
An Independent Licensee of the Blue Cross Blue Shield Association.

### FREE Flu Shots (Quadrivalent) for State of AZ Employees!

Available for benefit eligible state employees. The Flu shots are also free for spouses, dependents (age 4+) and retirees with Benefit Options coverage. You must show proof of employment or a Benefit Options insurance card and must know your:  
**Employee Identification Number (EIN).**

No appointment necessary.  
Make sure shirt/dress sleeves can be rolled up to the shoulder.

You should not receive either vaccine if you:

- Have ever had a serious allergic reaction to eggs or to either vaccine
- Have a fever, acute respiratory or other active infection or illness
- Have a history of Guillain-Barre Syndrome (a severe, paralytic illness)

NOTE: Immunizations for persons age 4 and over. Pricing, vaccine availability, and health insurance coverage subject to change.

## 9am–12:30pm at these store locations:

### Monday, August 28

**AJ's:** 56th St & Ray Rd, CHANDLER

### Wednesday, August 30

**Bashas':** Chandler Heights & Gilbert Rd, CHANDLER

### Friday, September 1

**Bashas':** Signal Butte & Apache Trail, APACHE JUNCTION  
**(FLU & LAB)**

**Bashas':** RH Johnson & Meeker, SUN CITY **(FLU & LAB)**

### Monday, September 4

**Bashas':** Indian School & Hayden, SCOTTSDALE

**Bashas':** Oracle & Golder Ranch, TUCSON

### Tuesday, September 5

**Bashas':** Dysart & Camelback, LITCHFIELD PARK

**Bashas':** Brown & Mesa Dr, MESA

### Wednesday, September 6

**Bashas':** Ellsworth & Brown, MESA

**Bashas':** 99th Ave & Beardsley, PEORIA

### Thursday, September 7

**Bashas':** Dobson & Chandler Blvd, CHANDLER

**Bashas':** Camp Lowell & Swan, TUCSON

### Friday, September 8

**Bashas':** 7th Ave & Osborn, PHOENIX

**Bashas':** Bell Rd & Thompson Peak Pkwy, SCOTTSDALE

### Saturday, September 9

**Food City:** Florence & 2nd St, CASA GRANDE **(FLU & LAB)**

**Bashas':** 32nd St & Shea, PHOENIX **(FLU & LAB)**

**Bashas':** Coffee Pot & Yavapai, SEDONA **(FLU & LAB)**

### Monday, September 11

**Bashas':** 7th St & E Union Hills, PHOENIX

**Bashas':** La Cholla & River Rd, TUCSON

### Tuesday, September 12

**AJ's:** 56th St & Ray Rd, CHANDLER

**Bashas':** McDonald & Granite Reef, SCOTTSDALE

### Wednesday, September 13

**Bashas':** Power & McDowell, MESA

**Bashas':** Warner & McClintock, TEMPE

## Healthwaves

1615 W University Dr, Suite 137 > Tempe, AZ 85281

[www.healthwaves.com](http://www.healthwaves.com) | 480.968.1886

# 9am–12:30pm at these store locations:

## Thursday, September 14

**Bashas':** Higley & Elliot, GILBERT

**Bashas':** 75th Ave & Thunderbird, PEORIA

## Friday, September 15

**Bashas':** Woodland Village, FLAGSTAFF

**Bashas':** Verrado & Main St, BUCKEYE

## Saturday, September 16

**Bashas':** 7th St & Missouri, PHOENIX (FLU & LAB)

**AJ's:** Scottsdale Rd & Lincoln, SCOTTSDALE (FLU & LAB)

**Food City:** Sierra Vista, SIERRA VISTA (FLU & LAB)

## Monday, September 18

**AJ's:** 44th St & Camelback, PHOENIX

## Tuesday, September 19

**Bashas':** Dobson & Chandler Blvd, CHANDLER

**Bashas':** 32nd St & Shea, PHOENIX

## Wednesday, September 20

**AJ's:** Central & Camelback, PHOENIX

**Food City:** Country Club & 22nd St, TUCSON

## Thursday, September 21

**Bashas':** Brown & Higley Dr, MESA

## Friday, September 22

**Bashas':** 99th Ave & Beardsley, PEORIA

**AJ's:** Thompson Peak & Frank Lloyd Wright, SCOTTSDALE

## Saturday, September 23

**Bashas':** Power Rd & Chandler Heights, QUEEN CREEK  
(FLU & LAB)

**AJ's:** Skyline & Campbell, TUCSON (FLU & LAB)

## Monday, September 25

**Bashas':** Palisades & Saguaro, FOUNTAIN HILLS

## Tuesday, September 26

**Bashas':** Warner Rd & 48th St, PHOENIX

## Wednesday, September 27

**Bashas':** Ellsworth & Brown, MESA

## Thursday, September 28

**Bashas':** Chandler Heights & Gilbert Rd, CHANDLER

**Bashas':** 7th St & E Union Hills, PHOENIX

**AJ's:** Pima & Legacy, SCOTTSDALE

## Friday, September 29

**Bashas':** 75th Ave & Thunderbird, PEORIA

**Bashas':** Hayden & Indian School Rd, SCOTTSDALE

## Saturday, September 30

**Bashas':** Camp Lowell & Swan, TUCSON (FLU & LAB)

**Bashas':** RH Johnson & Meeker Blvd, SUN CITY (FLU & LAB)

## Monday, October 2

**Bashas':** Superstition Mountain & Hwy 60, APACHE JCT

**Bashas':** Dysart & Camelback, LITCHFIELD PARK

**Bashas':** 7th St & Missouri, PHOENIX

## Tuesday, October 3

**Bashas':** Higley Rd & Elliot Rd, GILBERT

## Wednesday, October 4

**AJ's:** Central & Camelback, PHOENIX

## Thursday, October 5

**AJ's:** 44th St & Camelback, PHOENIX

## Friday, October 6

**AJ's:** 67th Ave & Beardsley, GLENDALE (FLU & LAB)

**Bashas':** Powel & McDowell, MESA (FLU & LAB)

**AJ's:** Skyline & Campbell, TUCSON

**Bashas':** Dobson & Chandler Blvd, CHANDLER

## Saturday, October 7

**Food City:** Country Club & 22nd St, TUCSON

**Bashas':** Power Rd & Chandler Heights, QUEEN CREEK

## Monday, October 9

**Bashas':** 99th Ave & Beardsley, PEORIA

**Bashas':** Cortaro & Thornydale, TUCSON

**AJ's:** Pima & Pinnacle Peak, SCOTTSDALE

## Tuesday, October 10

**Bashas':** Brown & Higley, MESA

## Wednesday, October 11

**AJ's:** 56th St & Ray Rd, CHANDLER

**Bashas':** Warner Rd & McClintock, TEMPE

## Thursday, October 12

**Bashas':** 32nd St & Shea, PHOENIX

**Bashas':** La Cholla & River Rd, TUCSON

## Friday, October 13

**AJ's:** Val Vista & Baseline, MESA

**Bashas':** 75th Ave & Thunderbird, PEORIA

## Saturday, October 14

**Bashas':** Coffee Pot & Yavapai, SEDONA (FLU & LAB)

## Monday, October 16

**Food City:** McDowell & 51st Ave, PHOENIX

**Bashas':** Bell Rd & Thompson Peak Pkwy, SCOTTSDALE

# 9am–12:30pm at these store locations:

## Tuesday, October 17

**Bashas'**: Chandler Heights & Gilbert Rd, CHANDLER

## Wednesday, October 18

**Bashas'**: Baseline & Crismon, MESA

**Bashas'**: 7th St & E Union Hills, PHOENIX

## Thursday, October 19

**Bashas'**: Higley & Elliot Rd, GILBERT

## Friday, October 20

**AJ's**: Central & Camelback, PHOENIX

## Saturday, October 21

**Bashas'**: Oracle & Golder Ranch, TUCSON (FLU & LAB)

**Food City**: Hwy 92 & Fry Blvd, SIERRA VISTA (FLU & LAB)

## Monday, October 23

**Bashas'**: 32nd St & Shea, PHOENIX (FLU & LAB)

**Bashas'**: RH Johnson & Meeker, SUN CITY (FLU & LAB)

## Tuesday, October 24

**Bashas'**: Ellsworth & Brown, MESA

## Wednesday, October 25

**Bashas'**: Dobson & Chandler Blvd, CHANDLER

**Bashas'**: 99th Ave & Beardsley, PEORIA

## Thursday, October 26

**Bashas'**: 7th St & Missouri, PHOENIX

**Bashas'**: Alma School & Riggs Rd, SUN LAKES

## Friday, October 27

**Bashas'**: Verrado & Main, BUCKEYE

## Saturday, October 28

**Bashas'**: Cortaro & Thornydale, TUCSON (FLU & LAB)

**Bashas'**: Hwy 260 & Beeline Hwy, PAYSON (FLU & LAB)

## Monday, October 30

**Bashas'**: Hayden & Indian School, SCOTTSDALE

**Food City**: Baseline & Hardy, TEMPE

## Tuesday, October 31

**AJ's**: 56th St & Ray Rd, CHANDLER

**AJ's**: Pima & Legacy, SCOTTSDALE

## Wednesday, November 1

**Bashas'**: 7th St & E Union Hills, PHOENIX

**Bashas'**: La Cholla & River Rd, TUCSON

## Thursday, November 2

**Bashas'**: Power & McDowell, MESA

## Friday, November 3

**Bashas'**: Chandler Heights & Gilbert Rd, CHANDLER

**Bashas'**: 99th Ave & Beardsley, PEORIA

## Saturday, November 4

**Bashas'**: Maricopa & Smith Enke, MARICOPA (FLU & LAB)

**Food City**: Country Club & 22nd St, TUCSON (FLU & LAB)

## Monday, November 6

**Food City**: McDowell & 51st Ave, PHOENIX

**AJ's**: Scottsdale Rd & Lincoln, SCOTTSDALE

## Tuesday, November 7

**Bashas'**: Brown & Mesa Dr, MESA

**Bashas'**: Warner & McClintock, TEMPE

## Wednesday, November 8

**Bashas'**: 32nd St & Shea, PHOENIX

## Thursday, November 9

**Food City**: Arizona Ave & Ray Rd, CHANDLER

**Bashas'**: RH Johnson & Meeker Blvd, SUN CITY

## Friday, November 10

**Bashas'**: 7th St & Missouri, PHOENIX

**AJ's**: Skyline & Campbell, TUCSON

## Saturday, November 11

**AJ's**: Lone Mountain & Scottsdale Rd, SCOTTSDALE

(FLU & LAB)

**Bashas'**: Coffee Pot & Yavapai, SEDONA (FLU & LAB)

## Monday, November 13

**AJ's**: Central & Camelback PHOENIX

**Bashas'**: Cortaro & Thornydale, TUCSON

## Tuesday, November 14

**Bashas'**: 75th Ave & Thunderbird, PEORIA

## Wednesday, November 15

**AJ's**: 56th St & Ray Rd, CHANDLER

## Thursday, November 16

**AJ's**: 44th St & Camelback, PHOENIX

**Bashas'**: Camp Lowell & Swan, TUCSON

## Friday, November 17

**AJ's**: Val Vista & Baseline, MESA (FLU & LAB)

**Food City**: Scottsdale Rd & McKellips, TEMPE

## Saturday, November 18

**Bashas'**: Warner & 48th St, PHOENIX (FLU & LAB)

**Bashas'**: Lake Havasu City (FLU & LAB)

# 9am–12:30pm at these store locations:

## Monday, November 20

**Bashas'**: 7th St & E Union Hills, PHOENIX (FLU & LAB)

## Tuesday, November 21

**Food City**: 59th Ave & Bethany Home, GLENDALE  
(FLU & LAB)

## Wednesday, November 22

**Bashas'**: 99th Ave & Beardsley, PEORIA (FLU & LAB)

## Friday, November 24

**Bashas'**: Alma School & Riggs Rd, SUN LAKES (FLU & LAB)

## Saturday, November 25

**Bashas'**: Baseline & Crismon, MESA (FLU & LAB)

**Bashas'**: 32nd St & Shea, PHOENIX (FLU & LAB)

## Monday, November 27

**Bashas'**: Power Rd & Chandler Heights, QUEEN CREEK  
(FLU & LAB)

## Tuesday, November 28

**Bashas'**: Brown & Higley, MESA (FLU & LAB)

## Wednesday, November 29

**Food City**: 4th St & Main St, AVONDALE (FLU & LAB)

## Thursday, November 30

**Food City**: 21st Pl & McDowell, PHOENIX (FLU & LAB)

## Friday, December 1

**AJ's**: 56th St & Ray Rd, CHANDLER (FLU & LAB)

**Bashas'**: 75th Ave & Thunderbird, PEORIA (FLU & LAB)

## Saturday, December 2

**Bashas'**: 7th St & Missouri, PHOENIX (FLU & LAB)

**AJ's**: Pima & Pinnacle, SCOTTSDALE (FLU & LAB)

## Monday, December 4

**Bashas'**: McDonald & Granite Reef, SCOTTSDALE  
(FLU & LAB)

**Food City**: Dorsey Ln & Apache Blvd, TEMPE (FLU & LAB)

## Tuesday, December 5

**Bashas'**: Signal Butte & Apache Trail, APACHE JUNCTION  
(FLU & LAB)

**AJ's**: Skyline & Campbell, TUCSON (FLU & LAB)

## Wednesday, December 6

**Bashas'**: Oracle & Golder Ranch, TUCSON (FLU & LAB)

## Thursday, December 7

**Bashas'**: Power & McDowell, MESA (FLU & LAB)

**Bashas'**: 99th Ave & Beardsley, PEORIA (FLU & LAB)

## Friday, December 8

**AJ's**: Central & Camelback, PHOENIX (FLU & LAB)

**Bashas'**: Coffee Pot & Yavapai, SEDONA (FLU & LAB)

## Saturday, December 9

**Bashas'**: Hayden & Indian School, SCOTTSDALE  
(FLU & LAB)

**Bashas'**: Waddell & Reems Rd, SURPRISE (FLU & LAB)

## Monday, December 11

**Bashas'**: Ellworth & Brown, MESA (FLU & LAB)

**Food City**: Bethany Home & 27th Ave, PHOENIX (FLU & LAB)

## Tuesday, December 12

**Bashas'**: 7th St & E Union Hills, PHOENIX (FLU & LAB)

## Wednesday, December 13

**Bashas'**: Power Rd & Chandler Heights, QUEEN CREEK  
(FLU & LAB)

## Thursday, December 14

**Bashas'**: 7th Ave & Osborn, PHOENIX (FLU & LAB)

**Bashas'**: Cortaro & Thornydale, TUCSON (FLU & LAB)

## Friday, December 15

**Bashas'**: Dysart & Camelback, LITCHFIELD PARK  
(FLU & LAB)

**Bashas'**: Alma School & Riggs Rd, SUN LAKES (FLU & LAB)

## Saturday, December 16

**Bashas'**: La Cholla & River Rd, TUCSON (FLU & LAB)

**Food City**: LAKE HAVASU CITY (FLU & LAB)

## Monday, December 18

**Bashas'**: 32nd St & Shea, PHOENIX (FLU & LAB)

## Tuesday, December 19

**AJ's**: Pinnacle Peak & Pima, SCOTTSDALE (FLU & LAB)

## Wednesday, December 20

**Bashas'**: 75th Ave & Thunderbird, PEORIA (FLU & LAB)

**Food City**: Irvington & Campbell, TUCSON (FLU & LAB)

## Thursday, December 21

**Bashas'**: 7th St & Missouri, PHOENIX (FLU & LAB)

## Friday, December 22

**Food City**: Alma School & 8th Ave, MESA (FLU & LAB)

**Bashas'**: RH Johnson & Meeker, SUN CITY (FLU & LAB)

## Saturday, December 23

**Food City**: Flowing Wells & Roger Rd, TUCSON (FLU & LAB)

**Bashas'**: Warner Rd & McClintock, TEMPE (FLU & LAB)

9am–12:30pm  
at these store locations:

**Tuesday, December 26**

**Bashas'**: Sunrise & Kolb, TUCSON (FLU & LAB)

**Wednesday, December 27**

**Bashas'**: 7th St & Missouri, PHOENIX (FLU & LAB)

**Thursday, December 28**

**Food City**: Main & Stapely, MESA (FLU & LAB)

**Friday, December 29**

**AJ's**: Scottsdale Rd & Lincoln, SCOTTSDALE (FLU & LAB)



**Healthwaves** 

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