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**Subject:** Weekly Update #11: Wellness  
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Colleagues:

Flu season is right around the corner! I'm sure many of you have already seen Chancellor Jones's [Massmail](#) encouraging everyone to get their flu shot. He's correct; it's one more step we can all take to safeguard our health. While it may not be required to get your COVID-19 test (and a negative result) in advance of receiving your flu shot, we certainly think it's good practice. Please see the Massmail for more information, including locations, dates, and times. And, when you go, don't forget your insurance card and ID.

In addition, I'd like to add that in response to some very good feedback we received last week, we're looking into ways to relieve some of the Zoom fatigue I'm sure many of you are feeling these days. If you have some ideas to help your colleagues lessen the burden, do let us know!

Be well,

**HEATHER MURPHY**

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