





Punjabi

- 6' hptc 'F\_wrb' J hj 'a'wvj w' dJG EF\_wzMG c-d'x'pj 'ork', k'iarZ tPrkG J '^'aroM'rf 'sa\_r'War'px
- , k'ia'w'v'p'w' h'\_j' 'w'P\_w'j' 'U' 'J' d'k'f' b' p'v'v'p'c«
- o'Pk' 'a'w'Pk' t'c'P-'U'', k'ia'w'v'p'w'p-'k' r'L' W'aw
- , k'ia'w'Pk' t'c'P'ard\_r'k'rd '^'k' l' [immunizebc.ca/clinics/flu/](https://immunizebc.ca/clinics/flu/) 'w'FN«

f U'w'rt's'op\_ 'f' r'j 'w'P'v'v'p'c'R:

**1Zk**

o'r't'd'f' s'k'P' s'op\_ 'v'Z'k' Z' h' n'k' s'P'K'j' R'j' Z'c' 'v'Z'k' 'o'P'v'v'p'c'R' 'a't'd'm'P'n' 'P't'w'at'j' p'w'v'v'p'c' o'Pk' 'o'rk' 2022/2023 a'j'z'c' 'J' p' 's'P'K'j' R'j' Z'c' 'a'w'j' w' s'm'a'G' j' 't'G' E'd'v'o'P'v'v'p'c'R' 'a't'd'm'P'n' 'P'j' w'v'v'p'c' s'm'a'G' j' 't'G' E'a't'a'h'-'a't'o'h's'G' 'p'y' m'w'v'v'p'c'r'j' 'P't' t'RI' 'p'z'c'v'a'h'-'a't'o'y'g'k' 'P'd'p'v'v'p'c' 'i' j' x'j' k' 'F\_w'v'v'p'c' 'J' d'k'f' b' 'P'j' r'L' W'^R'w

**c~j' f'f'a'n'Z'f'i**

o'Pk' 'U' 'a'r'j' k'r'k' s'm'a'G' E'o'r'j' 'p't'f' s'J'G' E'd'v'c'-'j' 'Z'w'Z' 'P'j' c' m'l' w'r'p'Z'j' 'f' n'd'Z'j' t'z'p'Z'f'l\_ 's'p'j' 'o'rk' 'c'~j' 'a't'w'U' 'P'j' r'j' 'a't'U'r'p'a't'p'x' B.C.' U' '18' o'rk' 'P' 'a't' J' h'j' 'a'w'U'w'j' 'o'rk' 'H'P' m'j' t'F'Q-'a't'h'u\_ 'W'U' 'P'j' r'j' '^'k' l' 'p'P'ar'j' 'p'c' «h'r\_-'s'l\_'r'» o'j' d'p\_ [Find an Optometrist](#) 'v'z'f' w'a't'm'j' \_'s'p'j' P'w'w'-604-737-9907' \_'v'BC' 'v'P'Z'j' o'G', 'N'd'Z'j' t'z'f'f'BC' Doctors of Optometry'f' d'v'p'k' 'P'j' P'w' d' 'w'v'v'p'c' r'c'P' n'd'Z'j' t'z'p'Z' 's'm'Q'v'v'p'c' d' 'w'U'w'v'v'p'c' 'E'F'Q-'a'r'Z'w'Z' 'P'j' r'j' 'a't' f' 'P'v'v'p'c' 'P'j' 'o'P'a'v'v'p'c'«

**o'v'c' 'a't'o'h'j' `r**

f'j'g'U'rk' 'F\_w'v'v'p'c' m'ra'w'n'P'ro'k' l' 'U'R't'j' 'e'o'u'c'r'-'j' j'v't'p'x'F\_ 'w'U'r'o'u'c' 'a't'o'h's'G' 'a'r'd's'p'k'-'p't'd' r'k'R' 'a'r'f' p'u'-'j' j'v't'p'x'o'n' [wearing services](#) 'd'w' 'w' 'U'r'o'u'c' 'a'w'v'v'p'c'-'F\_w'v'v'p'c' 'r'c'P' d'f' s'k'P' s'op\_ 'G' 'v'N'k'r'w'v'v'p'c' t'c'P'k' l' 's'm'a'G' j' 't'G' E'd'v'p'm'j' x'j' 'P'j' 'j'f' r'j' W'^y

a'h'-'a't'o'y'g'k' Z'c'-'j' 'F\_w'v'v'p'c' E'k' l' 'o'u'c' 'a't'o'h'j' `r' a'w'v'v'p'c'-'f' r'j' v'v'p'c' 'W'^P'j' t'k' l' Z'o'r' [child health screenings page](#) (fraserhealth.ca/childhealthscreenings) 'w'FN«

**B' 'a'r't'k' \_\_\_\_\_ i' P'om'**

[Healthy Kids Program](#) S'Z' 'G' h'a'c' m'l' v'd's'j' m'j' -'s't'U'k'v'v'p'c' E'k' l' 'a'h'-'a'w'v'v'p'c' a't' H'k'r'w'v'v'p'c'-'j' 'a't'a'w'g'k' 'F\_w'v'v'p'c' 'a't'o'h'j' `r'U' 'h'a'a'k' l' 'P'r'j' W' J' d'k'f' b' 'P'j' a'r'p'x

H'o' s'J' t's't'U'k't'w'^P'j' t'f' r'j' 'w'w'v'v'p'c' 'v'v'p'c' 'o'g' k' 'p'c'Z'-'s'p'j' d'r'P'j' P'v'v'p'c'-'s'a'-'t'o'U't's't'U'g' d' 'a't'o' `r'c'P' s'op\_ 'i' s'z' 'c'rk' 'o'y'j' P'P'j' y

d'f' s'k'P' s'op_ 'l' s'z'~					
M'f'o, j'v'	M'R'ot'	f'j' c'f' t	s'J'k' t'r'R	P'k'y'j' 'v'w'z'o'j' E'	s'rk, j'v'z'o'j' E'
Z'k't' g: 604-864-3400 , R'o: 604-864-3410	Z'k't' g: 604-793-7160 , R'o: 604-796-8587	Z'k't' g: 604-918-7605 , R'o: 604-918-7630	Z'k't' g: 604-702-4900 , R'o: 604-702-4901	Z'k't' g: 604-575-5100 , R'o: 604-574-3738	Z'k't' g: 604-587-4750 , R'o: 604-587-4777





**psj**

Z k t g: 604-860-7630  
, R o: 604-869-2332

**kRkw**

Z k t g: 604-539-2900  
, R o: 604-514-8036

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