

## Why gamble with your health?

By Matt Collette/Day Staff Writer

Published 11/02/2009

### More than 400 get seasonal flu shots at Mohegan Sun

Montville - With its 24-hour gambling, indoor smoking and innumerable bars, Mohegan Sun may not be the healthiest place for a person to spend some time.

But past the flashing lights and constant sound of the gaming floor Sunday was the sixth annual Healthy Habits Showcase, a day-long event promoting healthy lifestyles in the casino's Uncas Ballroom.

The day's big draw were \$24.99 flu shots, administered by Walgreens Pharmacy. Hundreds of people were vaccinated.

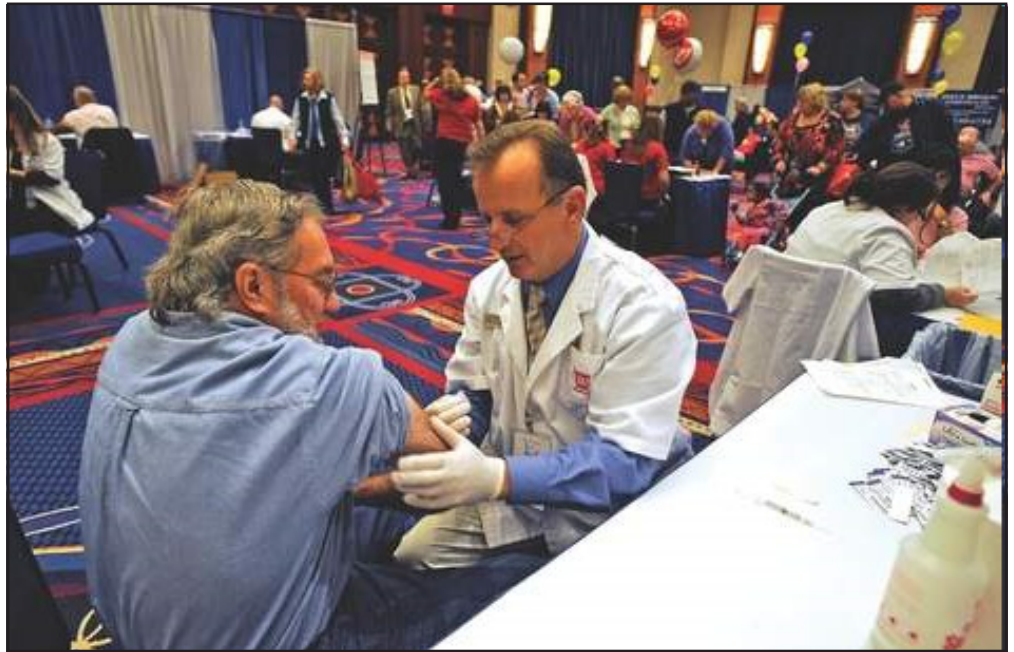
Fresh from getting his own flu shot, David Quinn, one of the event organizers, said that more than 400 vaccinations had been given in the first four hours of the event.

"Especially early in the day, that was our big draw," Quinn said.

Though he did not have final numbers, he said event attendance was higher than normal.

Though the lines eventually waned, those seeking flu shots early on were given numbers and told to wait. And though the vaccinations did not prevent the H1N1 strain, known also as the swine flu, the event included a panel of doctors and health professionals who discussed the H1N1 virus and fielded questions from the public.

"This year we were trying to make people aware of the unique factors of this



*John Gregor, right, a pharmacy manager at the Walgreens at Mohegan Sun, prepares to administer a flu shot to Gary Smith of Norwich during Sunday's sixth annual Mohegan Sun Healthy Habits Showcase. Patrons wait in line in the background. Smith waited about an hour.*

disease," said Scott Sjoquist, director of health for the Mohegan Tribe.

Deborah Buxton, a public health nurse with the Uncas Health District, was working at a blood pressure screening booth, but said many of her conversations turned back toward ongoing flu fears. So Buxton and her team of nurses from the Medical Reserve Corps shared the same tips they have doled out for years.

"It's not just about hand washing, but also having good nutrition, getting enough rest, staying away from sick people," Buxton said. "You need to do everything you can to keep yourself healthy so your immune system can ward off flu, H1N1, and many other things you can run into."

But the flu wasn't the only draw to Sunday's event, which ran from 10 a.m. to 4 p.m. Health organizations and local businesses set up booths to educate the public and promote themselves.

This was the first year that Tri-Town Foods, a local chain of supermarkets, participated and Vice President Kevin Brouillard was happy his area, where local food vendors hawked their products, was among the most popular.

"Being that we're local, we wanted to get our vendors in front of people in an environment close to home," Brouillard said. "We're really getting to show people what we've got."