

SASH Deerfield Valley is excited to collaborate with **Pettee Memorial Library** offering a variety of events this summer

PLACE
STAMP
HERE

July 8 @ 10 - 11 **Spend Smart Eat Smart**

Reduce your food expenses by planning before you shop. Come enjoy a baked Oatmeal Muffin

July 22, 10-12 **"ALIVE INSIDE"**

This movie will touch the hearts of everyone! This film shows the healing power of music. Transforming the lives of people living with dementia.

Events at Butterfield Commons

July 6 Betty's Blood Pressure Clinic 2pm

July 12 - Food Bank 9:30 -10:30

July 20 - Cookout 12:30-2:30

July 28 Foot Clinic w/ Rena starting @ 1:45 p

Just a couple of reminders...

1. SASH tracks falls. Please if you have a fall for ANY reason give us a call to let us know.
2. Please call to sign up for events so that we can make sure we bring enough supplies or food.

We hope to see many of you at the cookout!

SASH Deerfield Valley

P O Box 2561 West Dover VT 05356

July SASH FLASH

It's Summer BBQ Time
Come Join us July 20, 2016
12:30-2:30

Burgers, Hot Dogs, Chicken, assorted
Salads and of course Dessert

\$5.00 per person

Please RSVP 464-0348



Save the Date
September 26, 2016
for our 2nd annual
Health & Wellness Fair