

Because many of us are trying to get our blood pressure under better control, we will be holding Hypertension and Sodium Awareness Games with prizes June 8. Let see if we can make a difference in those numbers!! Please sign up!!

PLACE
STAMP
HERE

Live Inside movie show with lunch at Jacksonville Municipal June 10. There is no charge for this event. Please join us for this inspirational movie! Please sign up by June 7 for us to provide enough food.

Father's Day Flower Arranging \$10. Come and make that special man in your life an arrangement. It doesn't have to be YOUR father. Maybe a son, brother...if not, make yourself a happy arrangement.

Watch in July for our next cookout!!



Spend Smart Eat Smart is an informative session to help you spend smarter on groceries and help you eat smarter. We will give out the recipes. We will be preparing lunch and eating together! Remember to sign up by June 22

SASH Deerfield Valley

P O Box 2561 West Dover VT 05356



SASH FLASH

June is here!!
We have some exciting things happening at Deerfield Valley SASH.



Spend Smart Eat Smart is back!
Let's get together for an afternoon of fun cooking and healthy inexpensive eating. You will learn to make Meat-loaf in a Mug, Brown Rice, Broccoli and Chocolate Surprise Cupcakes.
We will be eating these items for lunch for under \$5. Please sign up by June 22 for the June 29 event.

