

MAY IS KNOW STROKE MONTH

Most strokes are preventable. And a large percentage of the ones that happen are treatable with the right care, right away. It's a matter of knowing what to do, taking action and spreading the word.



MAY

Happy
Mother's
Day

May 1,8,15,22-Yoga with Jill continues @ St. Mary's Wilmington. Bring a mat if possible. Call 464-0438 to sign up.

May 2– Betty Witt, RN will be holding a Blood Pressure Clinic at 2pm-Butterfield Common

May 6– Senior's Senior Prom Dover Town Hall
5:30-8:30 \$10/\$15 couple

May 9– Food Bank @ Butterfield Common 9:30-10:30

May 10– Know Stroke @ Butterfield Common
2pm. 80% of strokes are preventable. Learn how and pass it on.

May 11– Know Stroke @ Men's Coffee Hour
North Star Bowl 8am

May 12– Mother's Day Flower Arranging @ Butterfield Common \$10

May 19– Bette's Lunch @ Butterfield Common
\$5

May 25– Foot Clinic w/VNH Nurse Rena Provencher. Appts available call 464-0438

May 26– AIP Meeting 1pm @ North Star Bowl & Know Stroke w/ Stacia Sirois RN

May 31– Know Stroke w/ Jill Robart RN @ Rotary Club Meeting 8:30 am West Dover Joes

May 31-SASH Luncheon @ Butterfield Common
\$5

BUTTERFIELD COMMON CONDO FOR SALE
\$159,475. Must meet income guidelines. For more Info contact Haythem Wyndham Windsor Housing Trust (802) 254-4604 ext 116

SASH FLASH



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