

I would like to thank everyone that attended the 2nd Annual Deerfield Valley Health & Wellness Fair. It was a huge success and I look forward to next year!

PLACE  
STAMP  
HERE

The last day of Yoga w/Jill is October 17 Tai Chi w/Jill will start Monday Nov 7. It will be held at St Mary's in Wilmington 2 pm. Please call 464-0438 to sign up.

The Foot Clinic at Butterfield is October 27. There will not be a Foot Clinic in November. Call 464-0438 for appt.

Remember this is an election year. If you are unable to go out to vote, please call your town clerk for an absentee ballot. Your signed ballot must be received by the town no later than Nov 7.

There will be a Flu Shot & Blood Pressure Clinic at Pettee Library Wilmington October 28 from 1:30—3pm.

### Halloween Costume & Pizza Party Monday Oct 31 at Butterfield Common

Costumes are a must!  
Prizes for the Best Costume and the Most Original  
\$5/person



**Happy Halloween**

SASH Deerfield Valley

P O Box 2561 West Dover VT 05356

# October SASH FLASH

SASH DEERFIELD VALLEY



**Columbus Day**  
Observed the second  
Monday of October



SASH office closed  
Monday October 10

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