

September kicks off the "**Living A Healthy Life With Chronic Conditions**" workshop. This workshop will run for 6 weeks starting September 21—October 26. It will be held at Grace Cottage Hospital in the Holt Conference Room. This workshop will be facilitated by Becky Arbella Deerfield Valley SASH Coordinator and Alicia Moyer Valley Cares SASH Coordinator. To sign up please contact Becky at 464-0438, Alicia at [amoyer@valleycares.org](mailto:amoyer@valleycares.org) or Elisha Underwood at 257-8867.

PLACE  
STAMP  
HERE

### **Remember Monday's YOGA w/Jill**

**Deerfield Valley**

**Health & Wellness Fair**

**Monday September 26**

**1:30—4pm**

**Butterfield Commons**

**15 Butterfield Drive**

**West Dover, VT 05356**

**For more info call (802)464-0438**

**OPEN TO THE PUBLIC**

Stop by and chat with the vendors:

SASH, Bayada, VNH, Deerfield Valley Rescue, FallScape, Matter of Balance, RSVP, Senior Solutions, The Moover, Rite Aid Pharmacy, VT Assoc. for Blind and Visually Impaired, Philips Lifeline, The Gathering Place, Aging In Place, Deerfield Valley Cancer Support Group, USDA, Robert Pelosi, Brattleboro Hearing Center, Southwestern VT Med Center, and many more...

There will be a FLU SHOT CLINIC (bring insurance card). there will Also be someone on hand to perform REIKKI, TAI CHI, GENTLE YOGA, BONE BUILDERS, Massage by Deb and more.

*Come join us for a fun and informative afternoon.*

SASH Deerfield Valley

P O Box 2561 West Dover VT 05356

# September SASH FLASH

SASH DEERFIELD VALLEY

Spread The Word!!!

**Deerfield Valley Health &  
Wellness Fair September  
26,2016 1:30—4 pm**



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