

Deerfield Valley SASH is hosting our

3rd Annual Health & Wellness Fair

From 11am-2pm Wednesday

September 27 @ Dover Town Hall



Many vendors will be available to talk and share healthy living actions, choices and services. Rite Aid is offering Flu Shots, Jill Robart, RN a Blood pressure Clinic, Diabetes Info and the benefits of Yoga . Aging In Place, RSVP, Bone Builders Demo, USDA, COVE, The Gathering Place, VNA Hospice, Advanced Care Planning, and many more! Door prizes! Bette Parsons will be cooking a meal for purchase.

SASH Shires Housing providing a Transport Van –3 stops– pick up at Jacksonville Municipal Ctr- Pettee Library-and Butterfield Common taking you to the Dover Town Hall for the Health Fair. Please call 464-0438 to let us know if you are interested.

Did you know most strokes are preventable! 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. Come to a KNOW STROKE presentation given by Becky Arbella. Wednesday Sept 13 @ 10:00am at West Dover Congregational Church Coffee Hour.

THE WAKE UP TO DYING DEATH CHAT w/ Jill & Marianne. Using the power of story to explore death, dying, and LIFE! Sept 25, @ Butterfield Common 3:30– 4:30

PLEASE CALL 464-0438 TO SIGN UP FOR ALL EVENTS

SASH Deerfield Valley

P O Box 2561 West Dover VT 05356

SEPTEMBER
SASH FLASH



**SASH DEERFIELD VALLEY
15 BUTTERFIELD DRIVE
WEST DOVER, VT**

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