



In celebration of American Heart Month, Patches and Petals and other local organizations have scheduled several events to teach residents about heart disease and to raise money for the American Heart Association.

## **PATCHES AND PETALS AND LOCAL ORGANIZATIONS GIVE THEIR SUPPORT TO AMERICAN HEART MONTH**

February 10, 2018

- **Historic Library \*\***  
Heirloom Quilt and Linen Show  
Cookies by **Rolling Pin Bake Shop**  
10 am to 3 pm
- **Sugar River Senior Center**  
Dr. Jennifer Lockner – Belleville  
Family Clinic – 10 am to 11 am  
Educational – What’s heart disease and the symptoms.
- **Sugar River Outfitters Canoe and Kayak**  
Rentals – 1 pm to 3 pm
- **Hawk’s Mill WineHaus**  
Red Wine Tasting – 1 pm to 3 pm
- **Senior Center Lunch Stand**  
1 pm to 3 pm or until sold out
- **Express Fitness 24/7**  
Tours with explanation of equipment and class offerings  
1 pm to 4 pm
- **Belleville Public Library**  
EMT Debby Bongard  
Teach basics of CPR; demonstrate use of AED Defibrillator, take blood pressure readings  
9 am to 1:30 PM

February 17, 2018

- \* **Historic Library\*\***  
Heirloom Quilt and Linen Show  
Cookies by **Rolling Pin Bake Shop**  
10 am to 3 pm
- \* **Sugar River Senior Center**  
Andrea Erickson, Nutritionist  
10:30 am to 11:30 am  
Healthy meal preparation
- \* **Crazy Lenny’s E-Bikes**  
1 pm to 3 pm
- \* **Hawk’s Mill WineHaus**  
Red Wine Tasting – 1 pm to 3 pm
- \* **Senior Center Bake Sale**  
1 pm to 3 pm
- \* **Express Fitness 24/7**  
Tours with explanation of equipment and class offerings  
1 pm to 4 pm
- \* **Wine Raffle**  
Held 02/10 and 02/17  
Drawing at 2:30 pm

We can’t win the fight against America’s No. 1 killer without a strong and sustained effort.

\*\*Open on Sunday as well