

HEALTH MATTE

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough and Peapack & Gladstone Borough



Love Shouldn't Hurt

In recognition of National Teen Dating Violence Awareness Prevention Month - virtual discussion of healthy vs unhealthy relationships, warning signs of abuse and more



Click <u>here</u> to view flyer and register



Did You Know?

Check out the Somerset Hills YMCA's chronic disease programming <u>here</u> or visit <u>gscymca.org</u>

Bernards Twp Pet Owners! Avoid the late fee. <u>License</u> your pet before February 29th

Click here for upcoming Health
Department Programs

<u>This month in</u> Iealth matters

Recipe of the Month
Staying Young at Heart
Live a Heart Healthy Lifestyle
Love Shouldn't Hurt
GSCYMCA Program Info
Cancer Thriving and Surviving
Grab N Go February
BT Dog & Cat Licensing



Monthly Newsletter from the Bernards Township Health Department

<u>STAY CONNECTED</u>

To sign up or make any changes to receiving Bernards Township updates, log in at <u>smart911.com</u>. For support with the Smart911 system such as a forgotten username or password, visit the <u>Smart911 support page</u>. The Bernards Township Health Department and Nourish and Thrive Nutrition Center present:

Stay Healthy

STAYING YOUNG AT HEART



Thursday, February 22nd 6:00-7:30 pm Bernards Township Library 32 S. Maple Ave, Basking Ridge

Registration Required. Call 908-204-3069 to register or email Ahuber@bernards.org

Are you or a loved one struggling with high blood pressure, high cholesterol, or diabetes? Join Registered Dietitians and Nutritionists for a nutrition presentation and culinary demonstration to improve your heart health. They will highlight what foods to shop for, review strategies to incorporate healthy foods into your diet, and provide delicious samples of heart healthy meals and snacks!



Thurs Feb 8th 3:00 pm - 5:00 pm

Click here for full flyer

Follow the BTHD on Facebook Email: <u>health@bernards.org</u> Website: <u>www.bernardshealth.org</u>

Bernards Township Health Department

262 South Finley Avenue Basking Ridge, NJ 07920

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GREATER SOMERSET COUNTY YMCA

Phone: (908) 204-3070 Fax: (908) 204-3075