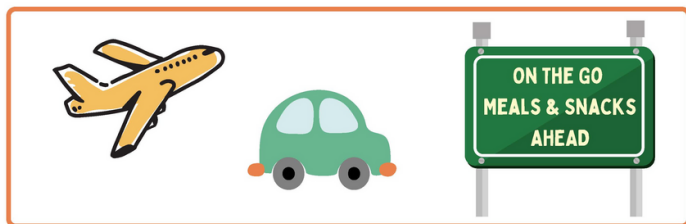




UPCOMING PROGRAMS

The Bernards Township Health Department
and Nourish and Thrive Nutrition Center present:

HITTING THE ROAD: HEALTHY EATING ON THE GO



Thursday, October 6

6:00-7:30 pm

Bernards Township Library
32 S. Maple Ave, Basking Ridge

Registration Required. Call 908-204-2520 to register.

Attendees are encouraged to wear masks.

Join Elisa England, MS, RDN and Ellen Petrosino, MS, RDN for a nutrition presentation that includes a culinary demonstration with samples of delicious healthy recipes. This program focuses on foods to eat when you are on the go. We will discuss healthy options at restaurants, packing snacks, and healthy meals while traveling.

Elisa England, MS, RDN founder of NewTrititious You
Ellen Petrosino, MS, RDN founder of Ellen Petrosino Consulting
Together Elisa and Ellen are Nourish and Thrive Nutrition Center.



Bernards Township Health Department
262 S. Finley Ave., Basking Ridge, NJ 07920
www.bernardshealth.org - Info: 908-204-3070

Contractual Health Agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack-Gladstone Borough

CHECK YOUR HOME —FOR RADON—

**FREE RADON TESTING KITS
AVAILABLE NOW**



WHAT IS RADON?

- A radioactive gas that occurs naturally.
- Odorless, tasteless, and invisible and can cause cancer.
- In higher concentrations in certain areas of New Jersey
- Testing is simple & inexpensive

FOR RESIDENTS OF CONTRACTUAL TOWNS ONLY
ONE KIT PER HOUSEHOLD WHILE SUPPLIES LAST
PICK UP AT THE HEALTH DEPARTMENT



Bernards Township HEALTH Department
262 South Finley Avenue,
Basking Ridge, NJ 07920
P. 908.204.2520
Email: health@bernards.org
www.bernardshealth.org

Contractual health agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack & Gladstone Borough

Don't Forget!

COVID-19 Vaccine Clinics
Tuesdays 3-5pm at St. James

COVID-19 Testing Clinics
Thursdays 9am-4pm at
Bernards Twp Community Center

Check page 4 for
September dates

Have you heard of Grab and Go?

Craft kits for students
Grades 7-12 available
monthly at the Bernards
Township Library

[Learn more here](#)

As of 8/31 and the approval of the bivalent Omicron boosters, current available boosters are no longer authorized for administration for people aged 12+.

Until further notice, our Tuesday clinics will only offer primary series doses. Please stay tuned for when our health department will begin administering the Omicron bivalent boosters.