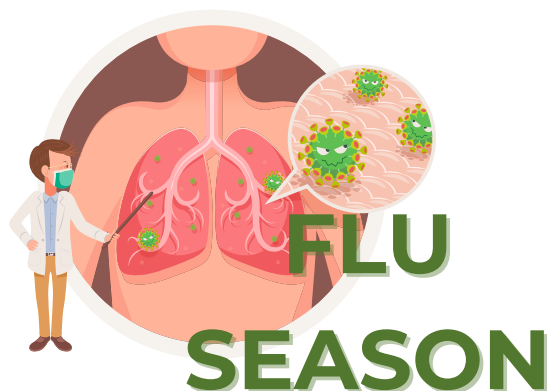




## Recipe of the Month

### Healthy Pumpkin Bread

[Click Here](#)



Flu Season Approaches...  
Don't Forget Your Flu Shot!

[BTHD Flu Clinic Schedule](#)



[Click Here](#)

[Click here for upcoming Health Department Programs](#)

## THIS MONTH IN HEALTH MATTERS

Upcoming BTHD Programs

Recipe of the Month

Flu Clinics

Coping With the Loss of a Pet

QPR-Suicide Prevention Training

Know Your Breasts: Early Detection is Key

2022 PRIDE Drug Education Survey Results

## ABOUT US

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.

## STAY CONNECTED

To sign up or make any changes to receiving Bernards Township updates, log in at [smart911.com](http://smart911.com). For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](#).



## Suicide Prevention Training

[Virtual](#)

Thurs, Oct 19th 6:30 – 8:30 pm

OR

Thurs, Nov 9th 6:30 – 8:30 pm

Via Zoom

[Click here to register and view flyer](#)

The Bernards Township Health Department and Dr. Linda R. Aboody from MSK Basking Ridge present:

**KNOW YOUR BREASTS:  
EARLY DETECTION IS KEY**

**When:** October 11th from 5:30-6:30pm

**Where:** Chester Library  
250 West Main St.  
Chester, NJ 07930  
Larson Room

**Registration Required.** Call  
908-204-3069 or email  
[ahuber@bernards.org](mailto:ahuber@bernards.org) to register

Breast Cancer Awareness Month



Bernards Township Health Department  
262 S. Finley Ave., Basking Ridge, NJ 07920  
[www.bernardshealth.org](http://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

## 2022 PRIDE Drug Education Survey Results

### [BTSD Summary Report](#)

Visit [www.bernardsalliance.org](http://www.bernardsalliance.org) and click "Surveys" to view school specific and detailed survey results

[Follow the BTHD on Facebook](#)

Email: [health@bernards.org](mailto:health@bernards.org)

Website: [www.bernardshealth.org](http://www.bernardshealth.org)