

UPCOMING PROGRAMS

JOIN THE LIVE COOKING DEMO WITH SAMPLES!

BEYOND CALORIES

Nutrition Strategies for
Weight Loss Success

DATE: THURSDAY,
APRIL 4TH, 2024

TIME: 6-7:30 PM

LOCATION: BERNARDS
TOWNSHIP LIBRARY
32 S. MAPLE AVE,
BASKING RIDGE

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

Simplify weight loss with a
sustainable solution that
nourishes your body with
the right balance of health
supporting nutrients.

Discover the science-
backed strategies and
practical tips to achieve
your weight loss goals!

Learn ways to build a
balanced plate loaded with
fiber and metabolism
supporting protein.



SCREENAGERS UNDER THE INFLUENCE

ADDRESSING
VAPING
DRUGS &
ALCOHOL
IN THE DIGITAL AGE



Documentary Screening and Q&A

Date Wed, April 10th, 2024
Time Doors open 6pm, Movie at 6:30 pm
Location Ridge High School Performing Arts Center
268 S Finley Ave, Basking Ridge, NJ 07920


Scan or click here to
get your free ticket




Questions? Visit www.bernardshealth.org **or call (908) 204-2523**

Hosted by: Members of the Somerset County Municipal Alliances, the Bernards Township Health Department, Community in Crisis and the Governors Council on Substance Use Disorder

Mental Health First Aid Training


 May 22, 2024
9:00am - 4:30pm


 Bernards Township Library
32 S. Maple Ave
Basking Ridge, NJ



Mental Health First Aid teaches adults how to identify,
understand and respond to signs of mental health and
substance use challenges in those 18 and older.

Youth Mental Health First Aid Training

 May 8, 2024
9:00am - 3:00pm

 Bernards Township Library
32 S. Maple Ave
Basking Ridge, NJ



Youth Mental Health First Aid teaches adults how to identify,
understand and respond to signs of mental health and substance
use challenges and crises among adolescents ages 12-18.