

Bernards Township Health Department



# HEALTHY BODY, INFORMED MIND

## Understanding Cervical Cancer

**JAN 29, 2026  
6:00 PM**

Chester Library  
250 W. Main St., Chester

### January is Cervical Cancer Awareness Month

Join nurse practitioner Allison Murphy from the Carol G. Simon Cancer Center at Atlantic Health Morristown Medical Center and registered dietitian Tara Tomaino to discuss all things cervical cancer. During this **FREE** event you'll learn:

- Signs and symptoms to look out for
- What questions to ask your doctor
- Best practices for prevention
- Healthy lifestyle and nutrition tips


**REGISTER**



**For more information or to register:**

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

 [ttomaino@bernards.org](mailto:ttomaino@bernards.org)

 908-204-3069