



# HEALTH MATTERS

Monthly Newsletter from the Bernards Township Health Department



## BUILDING A HEALTHY KITCHEN

Thursday, April 27  
6:00-7:30 pm

Bernards Township Library  
32 S. Maple Ave, Basking Ridge

Registration Required. Call 908-204-2520 to register

[Click here to view full flyer](#)



## Suicide Prevention Training

Virtual

Wed., April 26th 6:30 - 8:30 pm  
Via Zoom

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

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

## DEA Rx Takeback Day

Sat, Apr 22nd 10 am - 2 pm

Dispose of your unused and expired medications safely at participating locations

[Learn more here](#)



## Local COVID-19 Updates

[Click here to read](#)

## THIS MONTH IN HEALTH MATTERS

Building a Healthy Kitchen

QPR Suicide Prevention Training

DEA Rx Takeback Day

Dispelling Bear Myths

Twilight Challenge 5K Race Registration

Up for Adoption: BeBe

BTHD Animal Control Patch Fundraiser

BTHD 2022 Annual Report

Upcoming BTHD Programs

Local COVID-19 Updates

## 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 Boroughs.

## STAY CONNECTED

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

## Dispelling Bear Myths

By Bernards Township Animal Control Officer, Michelle Santoro [READ HERE](#)



## 33rd Annual Twilight Challenge 5K

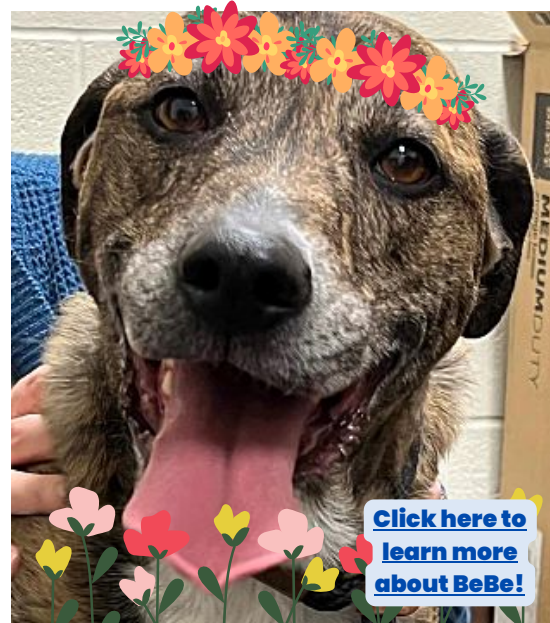
Help Prevent Substance Misuse in Bernards Township | Sunday, June 4, 2023



## Registration is Open!

[Register Online](#)

[Paper Registration](#)



[Click here to learn more about BeBe!](#)

Bernards Township Health Department 2022 Annual Report  
[Click here to read](#)



## Animal Control Patch Fundraiser

Buy a patch to support Bernards Township Animal Control. [Learn more here](#)



Follow the BTHD on Facebook

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

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