



HEALTH MATTERS



Monthly Newsletter from the Bernards Township Health Department

Recipe of the Month

Sheet Pan Meatloaf and Vegetables

[Click Here](#)

THIS MONTH IN HEALTH MATTERS

Upcoming BTHD Programs

Recipe of the Month

Back-to-School Nutrition for Busy Families Event

Back-to-School Nutrition Tips

QPR Training

I Found a Stray Dog, What do I do?

Morris County NJCEED Screening

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. 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](#)



Keep a lookout for October Flu clinic dates



[Learn more on what to do here](#)

BERNARDS TOWNSHIP HEALTH DEPARTMENT & NOURISH AND THRIVE NUTRITION CENTER PRESENT:

BACK TO SCHOOL

Nutrition for Busy Families

DATE: TUESDAY, SEPTEMBER 12TH
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



Get healthy meals on the table in *20 minutes or less!* Uncover easy tips for packing balanced lunches. Enjoy samples of grab and go breakfasts and snacks packed with brain supporting nutrients to optimize focus and fuel up for afternoon activities.

Back-to-School Nutrition Tips



[Click Here](#)

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



Upcoming Morris County NJCEED Screenings

Free cancer screenings for people without health insurance

[English](#)

[Spanish](#)



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