



HEALTH MATTERS



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



Recipe of the Month
Healthier Take..
on a
Shamrock Shake!
[Click Here](#)



2024 NATIONAL NUTRITION MONTH*
Click [here](#) to learn more

34th Annual Twilight Challenge 5K

Help Prevent Substance Misuse in Bernards Township
Sunday, June 2, 2024



Twilight Challenge Early Bird Registration Open!

5K Registration \$20 until March 31st

[Register Online](#) [Paper Registration](#)

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

THIS MONTH IN HEALTH MATTERS

Recipe of the Month
National Nutrition Month
Twilight Challenge 5K –
Early Bird Registration
Up for Adoption: Ray
QPR Suicide Prevention
Training
Trauma Program
Colorectal Cancer
Awareness Month



Monthly Newsletter
from the Bernards
Township Health
Department

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](#)

Wed, Mar 6th 6:30 – 8:30 pm

Via Zoom [FLYER](#)

[In-Person](#)

Wed, Apr 3rd 10am-12 pm
Bernards Twp Library [FLYER](#)

**March is
Colorectal Cancer
Awareness Month**

60% of colon cancer related deaths
could be prevented with screening

Make an appointment. Get tested.
Learn more [here](#)

What is Trauma Really?

Thurs, Mar 21st
5:30 - 7:30 pm
BT Town Hall

Click [here](#) to learn more

