



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

Kale Breakfast Scramble



[Click Here](#)

7 Strategies to Live a Heart - Healthy Lifestyle

[Click here](#)

THIS MONTH IN HEALTH MATTERS

- Recipe of the Month
- Staying Young at Heart
- Live a Heart Healthy Lifestyle
- Love Shouldn't Hurt
- GSCYMCA Program Info
- Cancer Thriving and Surviving
- Grab N Go February
- BT Dog & Cat Licensing



Monthly Newsletter from the Bernards Township Health Department

Love Shouldn't Hurt

In recognition of National Teen Dating Violence Awareness Prevention Month - virtual discussion of healthy vs unhealthy relationships, warning signs of abuse and more

Tues., Feb 6th
6-7:30 pm

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



Did You Know?

Check out the Somerset Hills YMCA's chronic disease programming [here](#) or visit gscymca.org

Bernards Twp Pet Owners!
Avoid the late fee. [License](#) your pet before February 29th

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

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](#).

The Bernards Township Health Department and Nourish and Thrive Nutrition Center present:

STAYING YOUNG AT HEART



Thursday, February 22nd
6:00-7:30 pm

Bernards Township Library
32 S. Maple Ave, Basking Ridge

[Registration Required. Call 908-204-3069 to register or email \[Ahuber@bernards.org\]\(mailto:Ahuber@bernards.org\)](#)

Are you or a loved one struggling with high blood pressure, high cholesterol, or diabetes? Join Registered Dietitians and Nutritionists for a nutrition presentation and culinary demonstration to improve your heart health. They will highlight what foods to shop for, review strategies to incorporate healthy foods into your diet, and provide delicious samples of heart healthy meals and snacks!

Elisa England, MS, RDN founder of NewTritious You
Ellen Petrosino, MS, RDN founder of Ellen Petrosino Consulting
Together Elisa and Ellen are Nourish and Thrive Nutrition Center.

Bernards Township Health Department
262 S. Finley Ave., Basking Ridge, NJ 07920
www.bernardshealth.org - info: 908-204-3070

2024 CANCER THRIVING AND SURVIVING WORKSHOP (CTS)



February 8, 2024-March 19, 2024
10:00AM-12:30PM

Morris County Library Conference Room

Participants will attend a 2½-hour interactive workshop once a week for 6 weeks to learn techniques to deal with symptoms of cancer and its treatment such as:

- Fatigue
- Pain
- Sleeplessness
- Shortness of Breath
- Stress
- Emotional Problems (Depression, Anger, Fear, and Frustration)

For any further questions and/or concerns regarding the program, Call **(973)-682-4940**



County of Morris
Department of Law & Public Safety
Division of Public Health
PO Box 900
Morristown, NJ 07963-0900
(973) 631-5484



[Click here](#) for the full flyer

GRAB N GO TEEN OUTREACH PROGRAM

FRIENDSHIP BRACELET KITS

While supplies last, kits the same regardless of day picked up. For individuals in grades 7-12. One kit per student.

Kit Pick up in the Bernards Township Library Teen Room
Wed Feb 7th, 5:00 - 7:00 pm
Thurs Feb 8th 3:00 pm - 5:00 pm

[Click here](#) for full flyer