



# 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



**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](http://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