

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

Mache, Beet and Orange Salad

Click [here](#)

Become Mental Health First Aid Certified!

YOUTH Mental Health First Aid
For adults working with youth 12 -18

Wed, May 8 9:00 am - 3:00 pm

[REGISTER FOR FREE](#)

ADULT Mental Health First Aid
For adults who work with other adults 18+

Wed, May 22 9:00 am - 4:30 pm

9:00 am - 4:30 pm

[REGISTER FOR FREE](#)

Both class at the Bernards Township Library
32 S. Maple Ave, Basking Ridge, NJ 07920

THIS MONTH IN HEALTH MATTERS

Congratulations on your Retirement - Health Officer Lucy Forgiore!!

Recipe of the Month

Mental Health First Aid Trainings

Twilight Challenge 5K - Pre-Registration

DEA Takeback Day

Beyond Calories

Get Cracking with Eggs

National Public Health Week



Monthly Newsletter from the Bernards Township Health Department

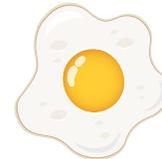
STAY CONNECTED

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](#).



Congratulations to our Health Officer, Lucy Forgiore on her retirement after 41 years in Public Health. You will be missed!

Get Cracking with Eggs



Learn more about the nutritional benefits of eggs
Click [here](#)

BEYOND CALORIES

JOIN THE LIVE COOKING DEMO WITH SAMPLES!

Learn ways to build a balanced plate loaded with fiber and metabolism supporting protein.

DATE: Thursday, April 4th

TIME: 6-7:30 pm

LOCATION: Bernards Township Library
32 S. Maple Ave, Basking Ridge, NJ 07920

Registration Required - Call 908-204-3069 or email ahuber@bernards.org

DEA Rx Takeback Day

Sat, Apr 27th 10 am - 2 pm

Dispose of your unused and expired medications safely at participating locations

[Learn more here](#)

34th Annual Twilight Challenge 5K

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



Register today for the Twilight Challenge 5K!

[Register Online](#) [Paper Registration](#)
[Sponsor the Race](#)

Protecting, Connecting and Thriving
We Are All Public Health



[Click to learn more](#)

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

 Follow the BTHD on Facebook

Email: health@bernards.org

Website: www.bernardshealth.org