



Recipe of the Month:

Red, White and Blue Smoothie
[Click Here](#)

Firework Safety Tips

[Click Here](#)

Do This, NOT That

- ✓ Keep water nearby in case fireworks start a fire.
- ✗ Don't point fireworks at pets.
- ✓ Wear eye protection if you light a firework.
- ✗ Never try relighting a dud.



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

Preventing Heat Related Illness

Stay cool and healthy this summer. Learn more here!

[English](#)
[Spanish](#)

THIS MONTH IN HEALTH MATTERS

- Upcoming BTHD Programs
- Recipe of the Month
- Firework Safety
- Preventing Heat Related Illness
- Fox Facts
- Fun in the Sun
- Healthy Eats, Happy Kids
- Skin Cancer Screening
- National Night out

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 Boroughs.

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](#).

Fox Facts

Learn more about our furry friends [here](#)



Fun In The Sun

You can still have fun in the sun with these safety tips

[Click Here](#)



2023 Skin Cancer Screening

Tuesday, July 25
1:00 – 5:00 pm



At the Fellowship Village Wellness Center
8000 Fellowship Rd.
Basking Ridge, NJ 07920

Screening Includes:

- ✓ Full body check for early detection of skin cancer including melanoma.
- ✓ Confidential exams conducted by a board-certified dermatologist.

Appointment Required

Registration begins June 12:
Call 908-204-2520 to schedule
Suggested Donation of \$10

Eligibility:

- ✓ Adults 18+
- ✓ **Never** attended a Bernards Township Skin Cancer Screening in the past
- ✓ Not under the care of a dermatologist



Bernards Township HEALTH Department

262 South Finley Avenue,
Basking Ridge, NJ 07920
P: 908.204.2520
Email: health@bernards.org
www.bernardshealth.org

Contractual health agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack & Gladstone Boroughs

The Bernards Township Health Department presents

Healthy eats, happy kids!

Monday, July 17th
3:30-4:30 pm
Long Hill Township Library
917 Valley Road
Gillette, NJ 07933

Registration Required
Call 908-204-3061 or email public@bernards.org to register your child

Join Andrea Huber, Bernards Township Nutritionist for a fun lesson on MyPlate as well as a culinary demonstration. The lesson is geared for children ages 5-10 years old. Children will learn about healthy food choices and the importance of eating from all 5 food groups. Children will also get to participate in the making of fruit and cheese balls.

Andrea Huber, MS.