



HEALTH MATTERS



Monthly Newsletter from the Bernards Township Health Department

Recipe of the Month Healthy Pumpkin Bread

[Click Here](#)

THIS MONTH IN HEALTH MATTERS

Upcoming BTHD Programs

Recipe of the Month

Flu Clinics

Coping With the Loss of a Pet

QPR-Suicide Prevention Training

Know Your Breasts: Early Detection is Key

2022 PRIDE Drug Education Survey Results

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 Borough.

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

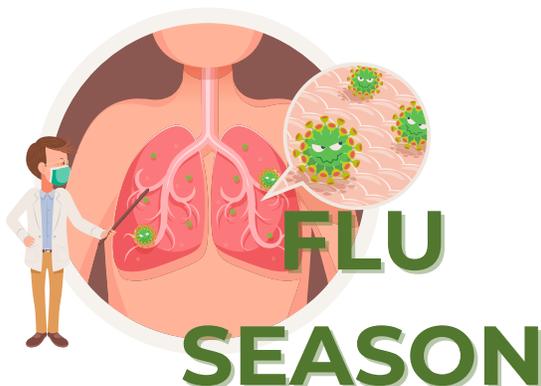
Thurs, Oct 19th 6:30 - 8:30 pm

OR

Thurs, Nov 9th 6:30 - 8:30 pm

Via Zoom

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



Flu Season Approaches...

Don't Forget Your Flu Shot!

[BTHD Flu Clinic Schedule](#)



Coping With the Loss of a Pet
[Click Here](#)

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

The Bernards Township Health Department and Dr. Linda R. Abody from MSK Basking Ridge present:

KNOW YOUR BREASTS: EARLY DETECTION IS KEY

When: October 11th from 5:30-6:30pm
Where: Chester Library
 250 West Main St.
 Chester, NJ 07930
 Larison Room

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

Breast Cancer Awareness Month

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

2022 PRIDE Drug Education Survey Results

[BTSD Summary Report](#)

Visit www.bernardsalliance.org and click "Surveys" to view school specific and detailed survey results

Follow the BTHD on Facebook

Email: health@bernards.org

Website: www.bernardshealth.org