

UPCOMING PROGRAMS



THE DOCTOR IS IN: WOMEN AND STROKE

**Thursday, February 9
7:00 - 8:30pm**

Bernards Township Municipal Building
Warren Craft Room
1 Collyer Ln, Basking Ridge

featuring Claire Boccia Liang, MD

Cardiologist with Atlantic Health System (AHS)
Medical Director of Women's Heart Program at AHS
Board certified in Nuclear Cardiology, Echocardiography & Cardiovascular Disease

Join Dr. Boccia Liang for a conversation about Women and Stroke! Learn about risk factors for heart disease, prevention strategies, and gender-specific care for women.



REGISTER TODAY

Call 908-204-2520 to register.

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

Contractual Health Agency for:
Bernards Township
Basking Ridge Borough
Chlorfield Borough
Clinton Borough
Long Hill Township
Medford Borough
Peapack-Gladstone Borough

**CLICK
HERE FOR
MORE!**

Presented by the Somerset County Municipal Alliance Network

iNDIEFLIX

Virtual Documentary
Screening & Panel Discussion

**RACE TO BE
HUMAN**

Thurs, Feb 16th - 7 pm

Race to be Human is a documentary film addressing the impact of race and racism on mental health through the lens of students, experts, and educators, as well as how we can collectively move forward towards equality.



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

STAYING YOUNG AT HEART



**Thursday, February 16
6:00 - 7:30 pm**

Bernards Township Library
32 S. Maple Ave, Basking Ridge

Registration Required. Call 908-204-2520 to register.

Are you or a loved one struggling with high blood pressure, high cholesterol, or diabetes? Join Registered Dietitian 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.



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BERNARDS TOWNSHIP HEALTH DEPARTMENT

FEBRERO 4 CONTROL GRATUITO DE LA PRESIÓN ARTERIAL



BERNARDS TOWNSHIP HEALTH DEPARTMENT OFRECE CONTROLES
GRATUITOS DE LA PRESIÓN ARTERIAL

CONOZCA SUS
NÚMEROS

120/80

FECHA

Sábado

4 de febrero

10:00-11:30am

Localización

St. Bernard's Episcopal Church
88 Claremont Rd, Bernardsville, NJ 07924

CONOZCA LOS
SIGNOS Y
SÍNTOMAS DE LA
HIPERTENSIÓN

CONOZCA LAS
COMPLICACIONES



Los asistentes participarán en una rifa organizada
por St. Bernard's Episcopal Church

Maria Novoa, BSN, RN

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