



UPCOMING PROGRAMS

BERNARDS TOWNSHIP HEALTH DEPARTMENT &
NOURISH AND THRIVE NUTRITION CENTER PRESENT:

BACK TO SCHOOL

Nutrition for Busy Families



DATE: TUESDAY,
SEPTEMBER 12TH

TIME: 6-7:30 PM

LOCATION: BERNARDS
TOWNSHIP LIBRARY
32 S. MAPLE AVE, BASKING
RIDGE

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



Get healthy meals on the
table in *20 minutes or less!*

Uncover easy tips for
packing balanced lunches.
Enjoy samples of grab and
go breakfasts and snacks
packed with brain
supporting nutrients to
optimize focus and fuel up
for afternoon activities.

Question. Persuade. Refer. (QPR) Training

The QPR mission is to reduce suicidal behaviors and save lives
by providing innovative, practical and proven suicide prevention
training. In three steps anyone can learn to help prevent suicide.
This virtual training is free to anyone who is 18+ years old that is
interested in learning suicide prevention techniques.



October 19, 2023

(Registration ends on October 16th)

OR

November 9, 2023

(Registration ends on November 6th)

6:30 pm - 8:30 pm

Click On Date To Register

YOU WILL RECEIVE A ZOOM LINK VIA EMAIL



KEY COMPONENTS COVERED IN THE TRAINING:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis



GCADA Governor's Council on
ALCOHOLISM & DRUG ABUSE



QPR

Bernards Township
Municipal Alliance
Against Substance Abuse

Don't Forget!

**The Bernards
Township Health
Department will not
be offering Covid-19
vaccines for the
month of September**

CHECK YOUR HOME FOR RADON

FREE RADON TESTING KITS
AVAILABLE NOW



FOR RESIDENTS OF
CONTRACTUAL TOWNS
ONLY
ONE KIT PER HOUSEHOLD
WHILE SUPPLIES LAST
PICK UP AT THE HEALTH
DEPARTMENT