

UPCOMING 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

Contractual Health Agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack-Gladstone Borough

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



DEA Rx
Takeback Day
Sat, Oct 28th 10 am - 2 pm
Dispose of your unused and
expired medications safely at
participating locations
[Learn more here](#)

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

The federal government is offering
each residential household 4 FREE
Covid-19 test kits to be shipped on
or after October 2nd, 2023. Please
refer to this link to place your order
and for any additional details:

[Click Here.](#)