

UPCOMING PROGRAMS

Love Shouldn't Hurt

In recognition of National Teen Dating Violence Awareness and Prevention Month, this virtual discussion will explore what a healthy relationship looks like and the warning signs of an unhealthy relationship, which can include not only physical and/or sexual violence but also more subtle behaviors such as emotional and verbal abuse, manipulation and control, and digital abuse.

TUESDAY
FEBRUARY 6, 2024
6:00-7:30 PM

CLICK HERE TO REGISTER
(YOU WILL RECEIVE A ZOOM LINK VIA EMAIL)

*THIS EVENT IS OPEN TO MIDDLE AND HIGH SCHOOL STUDENTS AND THEIR PARENTS/CAREGIVERS. YOUTH MUST BE ACCOMPANIED BY AN ADULT.

Join us for a virtual discussion hosted by Empower Somerset and the Empower Youth Advisory Board featuring speakers from Safe + Sound Somerset.



**DOOR PRIZES AND
GIVEAWAYS
INCLUDING
APPLE AIRPODS!**



For Safe + Sound Somerset's 24/7 Call/Text Helpline, contact 866-685-1122



This event is being funded by the New Jersey Department of Health Personal Responsibility Education Program, the U.S. Department of Health and Human Services grant #2201N/PREP

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

STAYING YOUNG AT HEART



Thursday, February 22nd
6:00-7:30 pm

Bernards Township Library
32 S. Maple Ave, Basking Ridge

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

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



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

Contracted Health Agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Hendham Borough
Peapack-Gladstone Borough

WHO IS IT FOR?

Call To Register
(973)-682-4940
(973)-285-6063

CTS is open to people with cancer, survivors, family, friends, and caregivers. The facilitator led sessions are highly participative where mutual support and success builds your confidence in your ability to manage your health and maintain an active and fulfilling life.

WHAT ARE THE BENEFITS?

- Decreased depression
- Increased energy and less fatigue
- Improve sleep
- Improved communication with medical providers

**For any further questions and/or concerns regarding the program,
Call (973)-682-4940**



County of Morris
Department of Law & Public Safety
Division of Public Health
PO Box 900
Morristown, NJ 07963-0900
(973) 631-5484



2024

CANCER THRIVING AND SURVIVING WORKSHOP (CTS)

February 8, 2024-March 19, 2024
10:00AM-12:30PM

Morris County Library Conference Room

Participants will attend a 2½-hour interactive workshop once a week for 6 weeks to learn techniques to deal with symptoms of cancer and its treatment such as:

- Fatigue
- Pain
- Sleeplessness
- Shortness of Breath
- Stress
- Emotional Problems (Depression, Anger, Fear, and Frustration)

Bernards Township Health Department

262 South Finley Avenue
Basking Ridge, NJ 07920

Phone: (908) 204-3070
Fax: (908) 204-3075

 Follow the BTHD on Facebook

Email: health@bernards.org
Website: www.bernardshealth.org