



# HEALTH MATTERS



Monthly Newsletter from the Bernards Township Health Department

## Recipe of the Month:

### Red, White and Blue Smoothie

[Click Here](#)

### Firework Safety Tips

[Click Here](#)

## Do This, NOT That

- ✓ Keep water nearby in case fireworks start a fire.
- ✗ Don't point fireworks at pets.
- ✓ Wear eye protection if you light a firework.
- ✗ Never try relighting a dud.

American Red Cross

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

## Preventing Heat Related Illness

Stay cool and healthy this summer. Learn more here!

[English](#)  
[Spanish](#)

### THIS MONTH IN HEALTH MATTERS

- Upcoming BTHD Programs
- Recipe of the Month
- Firework Safety
- Preventing Heat Related Illness
- Fox Facts
- Fun in the Sun
- Healthy Eats, Happy Kids
- Skin Cancer Screening
- National Night out

### 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 Boroughs.

### STAY CONNECTED

To sign up or make any changes to receiving Bernards Township updates, log in at [smart911.com](http://smart911.com). For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](#).

## Fox Facts

Learn more about our furry friends [here](#)

## Fun In The Sun

You can still have fun in the sun with these safety tips

[Click Here](#)



### 2023 Skin Cancer Screening

**Tuesday, July 25**  
**1:00 – 5:00 pm**

At the Fellowship Village Wellness Center  
8000 Fellowship Rd.  
Basking Ridge, NJ 07920

**Screening Includes:**

- ✓ Full body check for early detection of skin cancer including melanoma.
- ✓ Confidential exams conducted by a board-certified dermatologist.

**Appointment Required**

Registration begins June 12:  
Call 908-204-2520 to schedule  
Suggested Donation of \$10

**Eligibility:**

- ✓ Adults 18+
- ✓ Never attended a Bernards Township Skin Cancer Screening in the past
- ✓ Not under the care of a dermatologist

Bernards Township HEALTH Department  
262 South Finley Avenue,  
Basking Ridge, NJ 07920  
P: 908.204.2520  
Email: health@bernards.org  
www.bernardshealth.org

Contractual health agency for:  
Bernards Township  
Bernardsville Borough  
Chester Borough  
Long Hill Township  
Mendham Borough  
Peapack & Gladstone Boroughs

The Bernards Township Health Department presents

### Healthy eats, happy kids!

Monday, July 17th  
3:30-4:30 pm  
Long Hill Township Library  
977 Valley Road  
Gilletts, NJ 07933

Registration Required  
Call 908-204-3069 or email [Andrea.Huber@bernards.org](mailto:Andrea.Huber@bernards.org) to register your child

Join Andrea Huber, Bernards' Township Nutritionist for a fun lesson on MyPlate as well as a culinary demonstration. The lesson is geared for children ages 5-10 years old. Children will learn about healthy food choices and the importance of eating from all 5 food groups. Children will also get to participate in the making of fruit and cheese balls.  
Andrea Huber, MS.