



# UPCOMING PROGRAMS

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

## HOLIDAY HEALTHIER

Nourish Your Season

**DATE:** THURSDAY,  
NOVEMBER 2ND, 2023

**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

Discover how to savor  
the season without  
compromising on flavor  
or your health goals.  
Navigate holiday events  
and food spreads with  
ease, uncover nourishing  
choices when dining out,  
and master the art of  
creating nutrient-rich  
holiday dishes that'll  
keep you feeling your  
best!



## 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



Follow the Bernards  
Township Health  
Department Facebook  
page at  
<https://www.facebook.com/BTHHealthDept>

## 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