



HEALTH MATTERS



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 Borough

Recipe of the Month
Creamy Chicken Noodle Soup with Rotisserie Chicken
[Click Here](#)

THIS MONTH IN HEALTH MATTERS

- Upcoming BTHD Programs
- Recipe of the Month
- Free Rabies Vaccine Clinics
- Fend Off Holiday Stress
- QPR Suicide Prevention Training
- Holiday Healthier
- Public Health Nurse Job Opportunity
- Free Radon Test Kits

Monthly Newsletter from the Bernards Township Health Department



Suicide Prevention Training

Virtual
 Thurs, Oct 19th 6:30 – 8:30 pm
 OR
 Thurs, Nov 9th 6:30 – 8:30 pm
 Via Zoom

[Click here to register and view flyer](#)

FREE RABIES VACCINE CLINICS

Sat., Nov. 11, 2023	10 am - 12 pm
Sat. Jan. 13, 2024	10am - 12pm

Bernards Township Public Works Garage
 277 S. Maple Avenue,
 Basking Ridge, NJ 07920

No Appointments Necessary

Bernards Township Health Department
 262 South Finley Avenue
 Basking Ridge, NJ 07920
 P: 908.204.2200 F: 908.204.3075
 www.bernardshealth.org

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

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!

Fend Off Holiday Stress
[Click Here](#)

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

STAY CONNECTED

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

[Click Here](#)