

UPCOMING PROGRAMS

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

Contractual Health Agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mantham Borough
Pleasantville Borough

screenagersmovie.com

SCREEN AGERS **NEXT** CHAPTER

UNCOVERING SKILLS FOR STRESS RESILIENCE

High stress, anxiety and depression are experienced by millions of young people. Parents will learn solutions for improved adolescent well-being in the digital age.

Thursday, January 25, 2024

**Film starts at 6:30pm
Panel discussion to follow**

Ridge HS Performing Arts Center 268 South Finley Ave., Basking Ridge

Scan the QR code to
attend this FREE event



Follow the Bernards
Township Health
Department Facebook
page at

[https://www.facebook.com/
BTHHealthDept](https://www.facebook.com/BTHHealthDept)

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FOR RESIDENTS OF
CONTRACTUAL TOWNS
ONLY
ONE KIT PER HOUSEHOLD
WHILE SUPPLIES LAST
PICK UP AT THE HEALTH
DEPARTMENT



Bernards Township Health Department

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Basking Ridge, NJ 07920

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 Follow the BTHD on Facebook

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