





HEALTH MATTERS



Monthly Newsletter from the Bernards Township Health Department

THE BERNARDS TOWNSHIP POLICE DEPARTMENT PRESENTS

NATIONAL NIGHT OUT 2023

TUESDAY, AUGUST 1 @ 6:30PM

BERNARDS TOWNSHIP MUNICIPAL COMPLEX
ONE COLLYER LANE
BASKING RIDGE, NJ

TOGETHER, WE ARE MAKING COMMUNITIES SAFER, MORE CARING PLACES TO LIVE AND WORK

Recipe of the Month
Healthy Camp Oatmeal
[Click Here](#)



Keep Calm and Camp on



[Click Here for Camping Safety Tips](#)

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

THIS MONTH IN HEALTH MATTERS

Upcoming BTHD Programs

-  National Night Out
-  Recipe of the Month
-  Camping Safety Tips
-  Scrap the Trap
-  Eat Smart to Play Hard
-  Morris County NJCEED Screenings

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. For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](#).



[Click Here](#)

AGES 5-10

EAT SMART TO PLAY HARD

AUGUST 10TH
FROM 3:30 P.M. TILL 4:30 P.M.

A FUN OPPORTUNITY FOR KIDS TO DISCOVER HOW MAKING HEALTHY FOOD CHOICES AND BEING PHYSICALLY ACTIVE WILL HELP THEM GROW, LEARN, STAY HEALTHY AND PLAY!

LONG HILL TOWNSHIP LIBRARY
917 VALLEY RD.
GILLETTE, NJ 07933

TO REGISTER:
Call 908-204-3069 or email ahuber@bernards.org

Join Andrea Huber, Bernards Township Nutritionist for a fun lesson on the importance of being physically active and choosing nutritious foods. Children will learn about the 6 essential nutrients as well as discuss that being physically active is part of a healthy lifestyle. The lesson is geared for children ages 5-10 years old.

Andrea Huber, MS.
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
Chester Borough
Long Hill Township
Mendham Borough
Peapack & Gladstone Borough

Upcoming Morris County NJCEED Screenings

Free cancer screenings for people without health insurance

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