HEALTH MATTERS

February 2016

Promoting Public Health
Bernards Township Health Department

It's Healthy Heart Month!

Heart disease is the leading cause of death for men and women in the United States.

LOWER YOUR RISK:

- **Watch your weight.**
- **Quit smoking and stay away from secondhand smoke.**
- **Control your cholesterol and blood pressure.**
- **Drink only in moderation.**
- **Get active and eat healthy.**

Get Your Blood Pressure Checked:

Open to All * Walk-Ins Welcome

VNA of Somerset Hills
200 Mt Airy Rd.
Basking Ridge, NJ

Tues. and Thurs. 8:30 to 9:30 am
Mon. thru Thurs. 3:30 to 4:00 pm

Save the Date!!!

Check Your Blood Lipids and More...
Full Bloodwork & Urinalysis

ANNUAL HEALTH SCREENING

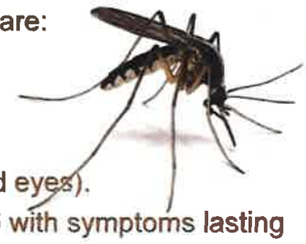
MAY 5TH AND 6TH

ST. James Church, Basking Ridge, NJ
$30 Residents * $40 Non-Residents
Registration starts April 18th

See Flyer

Zika Virus...

is spread to people through mosquito bites.



Most common symptoms are:

- fever,
- rash,
- joint pain, and
- conjunctivitis (red eyes).

The illness is usually mild with symptoms lasting from several days to a week. Zika virus can ne transmitted from a pregnant woman to her unborn baby, potentially causing a serious brain defect called *microcephaly.*

Click Here to Learn More about
ZIKA VIRUS

Triple the Risk

Fighting *Metabolic Syndrome*

- ***Obesity***
- ***High Blood Pressure***
- ***Elevated Blood Sugar***
- ***Excess Waistline***
- ***High Triglycerides***
- ***Low HDL Cholesterol***

Wed., March 2, 2016 at 7 pm

Place: ***Bernards Township Municipal Bldg***
One Collyer Lane, Basking Ridge, NJ

Registration: 908-204-2520

SEE FLYER

RADON Testing Kits

Still Available

$10 per test kit

Pick up at:

BT Health Dept.

Learn More

3rd Annual Medication Drop Off

DRIVE THRU

SAT., MARCH 19, 2016
10:00 a.m. – 1:00 p.m.

- ***Safe***
- ***Convenient***
- ***Anonymous***

Disposal of Unused Medication

Print Flyer for Details

Bernards Township HEALTH Department
262 South Finley Ave.
Basking Ridge, NJ 07920

P. 908-204-2520
F. 908-204-3075
www.bernardshealth.org

The Bernards Township Health Department is the *contractual* health agency serving: Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough, Mendham Township, and Peapack and Gladstone Borough.

To remove your name from our mailing list, please click here.
Questions or comments? E-mail us at health@bernards.org or 908.204.2520