



# 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](http://smart911.com). For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](#).

## Scrap the Trap

[Click Here](#)

### EAT SMART TO PLAY HARD

AGES 5-10

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](mailto: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](http://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](#)