

November
2019



Your Health Matters

Westfield Regional Health Department

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Click the image below for safety tips to make sure your Thanksgiving holiday is a safe one.



November is American Diabetes Month

Diabetes is the 6th leading cause of death among adults in NJ. The good news is that people who are at high risk for type 2 diabetes can lower their risk if they make healthy changes. [Click here](#) to learn more.



Eat Smart Month

Take the first step to commit to healthier eating by celebrating Eat Smart Month. Click the image on the right for more information.



The Westfield Regional Health Department is the contractual health agency serving Chatham Borough, Fanwood, Garwood, Mountainside, New Providence, Roselle Park, Summit, and Westfield