



## Your Health Matters

Westfield Regional Health Department

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[www.westfieldnj.gov/health](http://www.westfieldnj.gov/health)

Swimming and other water-related activities are excellent ways to get the physical activity and health benefits needed for a healthy life. However, they are not risk-free. [CDC's Healthy Swimming website](#) provides information about how to maximize the health benefits of swimming while minimizing the risk of illness and injury.



### The Reverberating Effects of Giving Back to Others

"The smallest of gestures make a meaningful impact on those around us. And guess what? In doing so, you'll come away feeling a whole lot better about yourself. And there's nothing wrong with that!" [Click here to read more about how giving back to others pays dividends for your own mental and physical well-being.](#)



### Protect Yourself From the Sun

Summer means longer days and more time outside. [Click here to learn ways to keep yourself and your family safe all summer long!](#)

