

# YOUR HEALTH MATTERS MONTHLY NEWSLETTER

2022 | JANUARY ISSUE

Westfield Regional Health Department  
425 East Broad Street  
Westfield, NJ 07090  
Phone: 908-789-4070



[WWW.WESTFIELDNJ.GOV/HEALTH](http://WWW.WESTFIELDNJ.GOV/HEALTH)

## Cervical Health Awareness Month

More than 14,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening.

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## Dry January

The month-long public health campaign encourages people to abstain from alcohol as a way to improve wellness.

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## Book Blitz Month

Book Blitz Month is a time of appreciation for books of all sorts – and for the people that write them. Click "LEARN MORE" for a few easy ways to celebrate.

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