

# YOUR HEALTH MATTERS MONTHLY NEWSLETTER

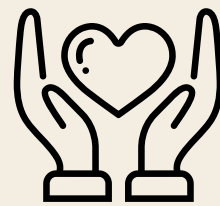
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[WWW.WESTFIELDNJ.GOV/HEALTH](http://WWW.WESTFIELDNJ.GOV/HEALTH)

## Random Acts of Kindness



One can never go wrong with kindness, and there can never be too much of it. The idea behind Random Act of Kindness is to cultivate feelings of kindness and brighten up someone's day. Every small act of kindness is significant. It may seem like it doesn't accomplish much but one act of kindness can lead to more positive outcomes. Don't hold back from uplifting others with compliments and compassion.

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## National Eating Disorders Awareness Week

National Eating Disorders Awareness Week, February 21-27, is an annual campaign to educate the public about the realities of eating disorders and to provide hope, support, and visibility to individuals and families affected by eating disorders.

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## Children of Alcoholics Awareness Week

COA Awareness Week breaks the silence that engulfs and traps kids and teens living with parental addiction and offers the chance for children at risk to become children of promise.

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