

YOUR HEALTH MATTERS MONTHLY NEWSLETTER

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WWW.WESTFIELDNJ.GOV/HEALTH

National Drug & Alcohol Facts Week

National Drug & Alcohol Facts Week® is March 21-27, 2022. Link teens to facts that SHATTER THE MYTHS® about drugs and drug use.



[LEARN MORE](#)

National Colorectal Cancer Awareness Month

Each March the Prevent Cancer Foundation sponsors National Colorectal Cancer Awareness Month to spread the word about colorectal cancer prevention. Use their easy-to-understand MyHealthfinder resources that encourages people to [get tested for colorectal cancer](#) — and to [find out which test they might prefer](#).

[LEARN MORE](#)

National Nutrition Month

Sponsored by the Academy of Nutrition and Dietetics, National Nutrition Month® is a time to help people develop healthy eating habits.

[LEARN MORE](#)

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