

YOUR HEALTH MATTERS MONTHLY NEWSLETTER

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WWW.WESTFIELDNJ.GOV/HEALTH

National Alcohol Awareness Month

This public health campaign is aimed at educating people about the treatment and prevention of alcoholism, particularly among our youth, and the important role that parents can play in giving kids a better understanding of the impact that alcohol can have on their lives.

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Earth Day-April 22

For Earth Day 2022, we need to act (boldly), innovate (broadly), and implement (equitably). It's going to take all of us: businesses, governments, and citizens — A partnership for the planet.



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National Walking Day

The first Wednesday in April is National Walking Day and it encourages Americans of all ages to get out and stretch their legs and get their hearts pumping.

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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