



Your Health Matters

Westfield Regional Health Department

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Stroke prevention can start today!
Protect yourself and avoid stroke,
regardless of your age or family
history. The American Stroke
Association can show you how by
clicking the image below.



May is National Osteoporosis Month

Osteoporosis is a condition
characterized by low bone density,
which can lead to a greater chance of
fractured bones. [Click here](#) to learn
more about how to prevent, detect,
and treat osteoporosis.



May 31 is World No Tobacco Day

Tobacco companies spend billions of dollars on
advertising each year, portraying people who
smoke as being cool, glamorous, macho and
having other valued after traits.

In truth, cigarettes are highly engineered products
designed to cause addiction and which often kill.
Click the image on the right for more information.

