

# November 2020



## Your Health Matters

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[www.westfieldnj.gov/health](http://www.westfieldnj.gov/health)

[Click here](#) for a list of activities from the CDC to have a safe and healthy Thanksgiving.



### November is American Diabetes Month

Diabetes is the 6th leading cause of death among adults in NJ. The good news is that people who are at high risk for type 2 diabetes can lower their risk if they make healthy changes. [Click here](#) to learn more.



### Lung Cancer Awareness Month

Lung cancer is the leading cause of cancer death in the United States and second leading cause of death. [Click here](#) to learn the ways you can strive to improve your lung health.

