



## Your Health Matters

Westfield Regional Health Department

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

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.](#)



### May is National Osteoporosis Month

Osteoporosis is a disease where decreased bone strength and mass significantly increase the risk of fractures. [Find out more about the causes, symptoms and risk factors.](#)



### May 31 is World No Tobacco Day

This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, and what people around the world can do to claim their right to health and healthy living and to protect future generations. [Click here to learn more.](#)

