

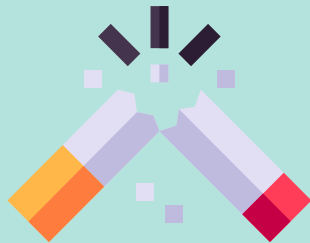
YOUR HEALTH MATTERS MONTHLY NEWSLETTER

2022 | MAY ISSUE

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WWW.WESTFIELDNJ.GOV/HEALTH

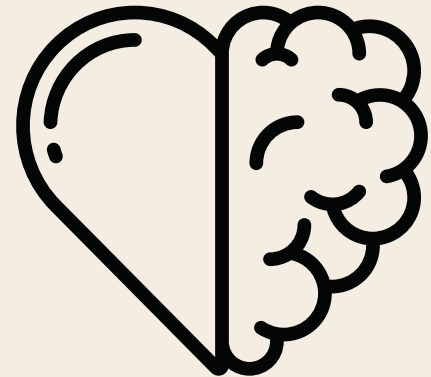


World No Tobacco Day
May 31 is World No Tobacco Day. The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use.

[LEARN MORE](#)

Mental Health Month

Mental health is an important part of our overall health. A growing number of Americans are experiencing mental health symptoms.



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Lyme Disease Prevention

Most cases of Lyme disease are reported from May through August because the chances of being bitten by a deer tick are greater during that time of the year when ticks are most active.

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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