

February  
2020



## Your Health Matters

Westfield Regional Health Department

425 East Broad Street, Westfield, NJ 07090

P. 908-789-4070

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

Heart disease is the leading cause of death for men and women in the United States. Click the image below to see how you can urge those around you to prevent it.



### February is Teen Dating

### Violence Awareness Month

About 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. But you can make a difference. [Click here](#) to learn how from the #1Thing campaign.



### Dental Care: Oral Health and Wellness

Poor oral health can lead to many seemingly unrelated medical conditions. Click the image on the right to learn how the health of your mouth, teeth, and gums can affect your general health.

