

# Wellness

W E D N E S D A Y S

April 2, 2025

Today is National Walking Day!

Walking is one of the simplest ways to improve your health, boosting your mood, heart health, and energy levels with every step.

Whether it's a quick walk on your lunch break, a scenic stroll after dinner, or just parking a little farther away, every step adds up.

Take a walk today and make movement a habit.

Westfield Regional Health Department

Proudly serving Chatham Borough, Fanwood, Garwood, Madison, Mountainside, New Providence, Roselle Park, Summit, and Westfield



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W E D N E S D A Y S

April 9, 2025

With warmer weather and longer days, now is the perfect time to refresh your wellness routine.

Take a walk outside, add seasonal fruits and veggies to your meals, or simply take a deep breath and enjoy the fresh air.

Even small changes can make a big difference in how you feel!

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April 16, 2025

April is Stress Awareness Month, a reminder that taking care of your mental health is just as important as physical health. Stress is a normal part of life, but managing it can make a big difference.

Try deep breathing, getting outside, staying active, or simply taking a few moments for yourself. Small steps can lead to big changes in how you feel!

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# Wellness

W E D N E S D A Y S  
April 23, 2025

Reading isn't just great for your mind, it's good for your health, too!

Studies show that reading can reduce stress, improve focus, and even help you sleep better. Whether it's a novel, a nonfiction favorite, or just a few quiet moments with a good book, take time today to read and recharge.

Read any good books lately?

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W E D N E S D A Y S

April 30, 2025

Today is International Guide Dog Day!

Guide dogs do more than provide companionship, they offer independence, confidence, and safety for people with vision impairments. Interacting with dogs has also been shown to reduce stress, lower blood pressure, and boost overall well-being. Let's celebrate these hardworking four-legged heroes and the life-changing impact they have.

Know a guide dog or service animal? Give them some extra love today!

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