

# YOUR HEALTH MATTERS MONTHLY NEWSLETTER

## 2023 | JUNE ISSUE

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[WWW.WESTFIELDNJ.GOV/HEALTH](http://WWW.WESTFIELDNJ.GOV/HEALTH)

## Alzheimer's & Brain Awareness Month

Worldwide, more than 55 million people are living with Alzheimer's or another dementia. Join the Alzheimer's Association in going purple and raising awareness this June. The more that people know about Alzheimer's, the more action we inspire.



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## Men's Health Month

This month is all about encouraging the men in your life to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.



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## National Safety Month

National Safety Month is celebrated in June when people focus on how they can keep their environment safe and free from any danger. It is a time to reflect on the working conditions around the country and how we can create a safer environment for those who work hard for honest pay. By learning about safety methods, we can increase pressure on employers to offer a safer working environment to their employees.

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