

YOUR HEALTH MATTERS MONTHLY NEWSLETTER

2023 | JULY ISSUE

Westfield Regional Health Department
425 East Broad Street
Westfield, NJ 07090
Phone: 908-789-4070



WWW.WESTFIELDNJ.GOV/HEALTH

National Grilling Month

There's nothing like outdoor grilling. It's one of the most popular ways to cook food, but a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.



[LEARN MORE](#)

Minority Mental Health Awareness Month
National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States.

[LEARN MORE](#)

UV Safety Awareness Month

UV is the root cause of most skin cancers. Take the following precautions while outdoors:

- Seek shade when appropriate
- Wear sun-protective clothing
- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher



[LEARN MORE](#)