

# YOUR HEALTH MATTERS MONTHLY NEWSLETTER

## 2023 | OCTOBER ISSUE

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

## World Osteoporosis Day



Osteoporosis is a disease which makes bones weak and fragile. This greatly increases the risk of breaking a bone even after a minor fall or bump. The disease has no obvious symptoms, so many people don't know they have osteoporosis until they suffer a fracture. Fractures can be life-altering, causing pain, disability and loss of independence. That's why it's important to prevent osteoporosis!

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## National Bullying Prevention Month



Kindness is the quality or state of being kind. It is so important. Give KINDNESS because you can. Do not judge. Learn other cultures because if you don't you will never know what wonderful people can be in your life. Be RESPECTFUL to all people. Join us in solidarity to stop bullying and cyberbullying!

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## National Breast Cancer Awareness Month

Breast Cancer Awareness Month, held in October every year, aims to promote screening and prevention of the disease, which affects one in eight women in the United States every year and 2.3 million women worldwide.

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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