

YOUR HEALTH MATTERS MONTHLY NEWSLETTER

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PTSD AWARENESS MONTH

It's estimated that as many as 8 percent of Americans suffer from post-traumatic stress disorder (PTSD). This condition is the result of being a victim of, or even a witness to a traumatic event, such as violence, tragic accidents and sexual assault and abuse among others. The U.S. Department of Veterans Affairs is among the many organizations that teach people how to seek help for this serious disorder.

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ALZHEIMER'S AND 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 people know about Alzheimer's, the more action we inspire.

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MEN'S HEALTH WEEK

National Men's Health Week is June 13-20, the week leading up to Father's Day, because what better way to celebrate dad than to encourage him to take care of his health? The week is all about healthy bodies, hard exercise, good diet, and regular visits to the doctor. It's part of [National Men's Health Month](#), a month-long recognition of men's health with activities and events to remind men to take care of their bodies. So whether you are a man or just love them, take some time this week to celebrate the male form and keeping it in tip-top shape!

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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