

November  
2019



## Your Health Matters

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[www.westfieldnj.gov/health](http://www.westfieldnj.gov/health)

Click the image below for safety tips to make sure your Thanksgiving holiday is a safe one.



### November is American Diabetes Month

Diabetes is the 6th leading cause of death among adults in NJ. The good news is that people who are at high risk for type 2 diabetes can lower their risk if they make healthy changes. [Click here](#) to learn more.



### Eat Smart Month

Take the first step to commit to healthier eating by celebrating Eat Smart Month. Click the image on the right for more information.

