



## Your Health Matters

Westfield Regional Health Department

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

For a safe and fun Halloween, [click here for a list of activities from the CDC.](#)



### October is Breast Cancer Awareness Month

Breast cancer is one of the most common kinds of cancer in women. The good news is that most women can survive breast cancer if it's found and treated early. [Click here](#) to learn more.



### Be Seen Before Halloween: Get Your Flu Shot

The CDC recommends that people get a flu vaccine by the end of October. [Click here to see who needs a flu vaccine and when.](#)

