

YOUR HEALTH MATTERS MONTHLY NEWSLETTER

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Falls Prevention Awareness



Falls among older adults continue to be a national public health concern. September 18-22, 2023 is Falls Prevention Awareness Week, a nationwide effort to raise awareness that falls are preventable. It is a time for health care providers, caregivers, and communities around the country to learn about fall risk factors and create strategies to help people of all ages stay on their feet.

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**NATIONAL
RECOVERY
MONTH**
HOPE IS REAL. RECOVERY IS REAL.



National Recovery Month, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

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Suicide Prevention Month

September is Suicide Prevention Month — a time to raise awareness and discuss this highly stigmatized topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide.

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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