

# YOUR HEALTH MATTERS MONTHLY NEWSLETTER

## 2023 | DECEMBER ISSUE

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

### International Day of Persons With Disabilities

Promote the rights and well-being of persons with disabilities at every level of society and development, and raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life.

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National Impaired Driving Prevention Month

December has been recognized as National Impaired Driving Prevention Month because two of the most celebrated days of the year, Christmas Eve and New Year's Eve, are also among the most deadly. Taking personal responsibility for a safe ride saves lives.

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### National Influenza Vaccination Week

Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including young children. The more people vaccinated against flu, the more people are protected from flu.

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