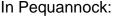
# Health Department News

**WINTER 2013** 

# Serving Bloomingdale, Florham Park, Kinnelon, Peguannock, Riverdale

#### Fall Vaccines Are Still Available

Flu Season is NOT over yet, if you haven't received you FLU vaccine, please contact our Public Health **Nurses Today!** 



- ► Vegetative Waste will resume pick up on Monday April 1st 2013.
- ▶ Christmas Tree Collection will Be Jan 7th & 21st 2013.



Stay Tuned for Our Upcoming 100 Day Weight Loss Challenge coming in February (dates below) If your interested, please contact the Health Department.

# Sign-up required! Mark your Calendars!!!

February 4th-May 14th.

For details, pick up our flyer at your local Health Department



# SHINGLES/ **Zostavax Vaccine:**

Now available through the Health Department. Recommended for persons age 60 and older to prevent shingles. Cost: \$200 per vaccination.

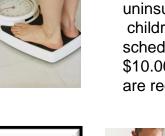
#### **Medical Equipment for Loan**

The Health Department has a supply of walkers, canes, wheelchairs, shower chairs, elevated toilet seats available for loan to residents. Contact the Public Health Nurses for more information.



#### **Child Health Conferences:**

Immunizations and wellness physicals are available to uninsured/under insured children. Clinics are scheduled bi-monthly. \$10.00per visit. Appointments are required.



### February 1, 2013 is National Wear Red Day

Hear Disease is the #1 Killer in Women.

The Heart Truth is a National Awareness Campaign for Women about Heart Disease! Know the signs and symptoms, it is never to early or to late! Some Risk factors: Cholesterol, Diabetes, High Blood pressure, Inactivity & Obesity.

Learn more, www.goredforwomen.org

Please wear RED on February 1, 2013, FRIDAY to show your support!







## **Rabies Clinic Still** Available. Jan 5th in Kinnelon from

1-3pm at DPW Garage & Feb. 16th in Bloomingdale from 11am-1pm.Senior Center (rear lot).

# To Receive Regular Alerts and Updates (e-Notify)

- •Go to www.pegtwp.org/health
- •Connect with us:





For further information or to make appointments (when required) regarding the above programs or other services offered by the Health Department please call 973-835-5700 ext 127, or Check out our webpage.