

Mayors Wellness Campaign



New Jersey Health Care Quality Institute's Mayors Wellness Campaign (MWC) is a statewide community health initiative in partnership with the New Jersey State League of Municipalities.

The MWC is a program that gives mayors tools and strategies to champion healthy and active living and to improve the overall health of their towns. When mayors promote healthy living they can drive community-wide change.

Mayor Neena Singh and her Montgomery Township Wellness Team are offering dynamic new services and events throughout 2024 to strengthen the physical and mental health of our community. Please see below:

Mayors Wellness Events & Announcements



Health & Wellness Resource Fair

WITH CONGRESSWOMAN WATSON COLEMAN The focus of this resource fair, followed by a town hall by Congresswoman Bonnie Watson Coleman at 6 p.m., is meeting the social service needs of all residents, including senior citizens, disabled persons and veterans. The fair will include...

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[May Mental Health Awareness Month](#)

Every May, Mental Health America comes together with millions of Americans to continue the tradition of promoting awareness, offering vital resources and education, and advocating for the mental health and well-being of everyone. This year's theme for Mental Health Month is Where to Start:...

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Spring Fling!



SAVE THE DATE! Montgomery’s 3rd Annual Spring Fling Festival of Colors will take place Saturday, May 4 from 2 to 4 p.m. at Montgomery High School, Front Lawn, 1016 Rt. 601, Skillman, NJ 08558. Come out to celebrate spring with your neighbors, as we toss color powders on each...

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Montgomery Township School District &
Montgomery Rocky Hill Municipal Alliance and Youth Services Commission
present:

**Screens and Stress**
Understanding the Digital Impact
on Children's Wellbeing

Join us for a discussion about the impacts of Smartphones, social media, and screen time on the mental health of our children. Learn more about what we can do to mitigate the risks and foster a healthier relationship with technology.

May 2, 2024
6:30-8:30 pm
Montgomery Upper Middle School Media Center
[Register Here](#) or scan the QR code

Screens and Stress

THE IMPACT ON CHILDREN, A DISCUSSIONMontgomery Township School District and the Montgomery Rocky Hill Municipal Alliance invite you to a special event,“**Screens and Stress- Understanding the Digital Impact on Children's Wellbeing**” on Thursday, May 2nd, 6:30-8:30...

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2024 Run with Rotary, Mayors Wellness Team

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Run with Rotary 2024

Save the date of Sunday, April 28! Start your day off right at Skillman Park with a 1-Mile Ramble or a 5K – walk, run, or cheer on your friends or family! Run with the Mayor's team and enjoy all that this family-friendly community event has to offer. **Online registration is now closed...**

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2024 Arbor Day Tree Festival

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Arbor Day Tree Festival

Please join us at the Farmers Market for a celebration of National Arbor Day and our amazing trees! Both events held at Montgomery Municipal Complex, 100 Community Drive, Skillman, NJ 08558 Highlights will include (and see flier below):

- Tree Seedling...

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Stream Cleanup 2024

Millpond Park29 Mill Pond Rd.Belle Mead, NJ 08502 Please give a few hours of your time to help us keep one of Montgomery's most beautiful streams clean!Pre-registration for volunteers is required at the following link:

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Free Health Screenings during Nat'l Health Week

As part of National Health Week, on April 4 from 11am to 1 pm the Montgomery Health Department will offer free blood pressure, diabetes, and memory screenings for the public. This free, confidential event will take place in the Library Program Room of the Municipal Center.Please use the...

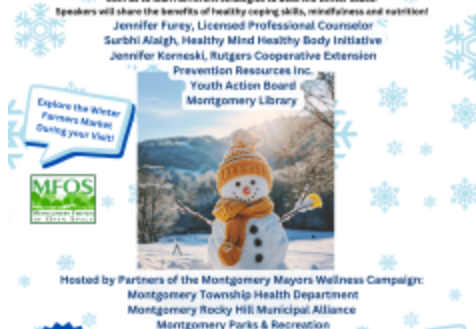
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Community Safety Day

Do you know what to do in an emergency? What about family members or pets? Sat. March 30 meet police, fire, ems and health officials, same time and next door to the Farmers Market.

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Beat the Winter Blues

Join us to learn ways to nourish your mind and beat the winter blahs while finding nutritious locally sourced food at the MFOS Winter Farmers Market!

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Flu Clinic

Montgomery Municipal Building 100 Community Drive, Skillman, NJ 08558 High dose flu vaccine available for seniors and immuno-compromised individuals and seniors. Regular dose flu vaccine available for those with or without insurance at no cost. It is not too late to benefit for this year's flu...

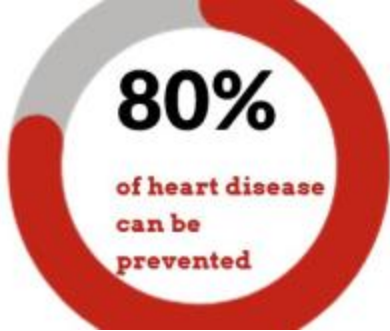
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Mayor Singh's Fireside Chat

As part of the Mayors Wellness Campaign and Heart Health Month, Mayor Singh will kick off a Fireside Chat series during kids storytime at the Montgomery Library branch. Families are invited to join her for a reading of "Your One and Only Heart," followed by conversation about healthy eating and...

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February Heart Health Month

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Free Radon Test Kits

Montgomery Township is offering FREE Radon Test Kits for pick up at the Health Department while supplies last Winter is an excellent time to test your home for radon. The average U.S. indoor air level of radon is 1.3 picocuries per liter. At three times that level, the risk of...

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