

# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT

Monthly Health Newsletter

## Mobile Health Clinic Coming to a Neighborhood Near You



Essex County and RWJBarnabas Health are partnering together to present Mobile Health Clinics throughout the County. These clinics will bring health screenings, educational information and referrals to underserved residents. It is part of our ongoing initiative to promote wellness and healthy lifestyles. For a schedule of upcoming clinics, scan the QR Code or visit [Essexcountynjhealth.org/](https://Essexcountynjhealth.org/)

Scan the QR Code  
on the right to  
view the Mobile  
Health Clinic  
Weekly Schedule



**Joseph N. DiVincenzo, Jr.,**  
**Essex County Executive**  
**The Board of County Commissioners**

*Through our Office of Public Health, we are committed to promoting the health and well-being of our residents. The tips and information included in this newsletter can help guide you on a path toward a healthier lifestyle.*


*Joseph N. DiVincenzo, Jr.*

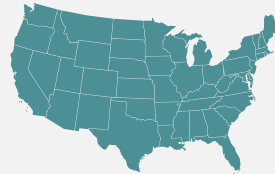




# National Minority Mental Health Awareness Month

July is National Minority Mental Health Awareness Month, which helps raise awareness about the difficulty racial and ethnic minority communities face regarding mental illness.


 [U.S. Department of Health and Human Services](#)



Facing challenges can be hard and cause someone to feel overwhelmed.



Coping with Stress  
in a Healthy Way

 [Centers for Disease Control and Prevention](#)

Take care of your body by eating healthy, getting rest, and exercising. Limit screen time, avoid smoking and illicit/prescription drug abuse, and limit alcohol intake.

June 29, 2023