
Healthy Fontana eNewsletter: Welcome 2026

From City of Fontana <noreply@info.fontana.org>

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To Healthy Fontana <healthy@fontanaca.gov>

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January 2026

Volume 7, Issue 1: Welcome 2026!



Warm Greetings

Welcome 2026! This new year, focus on progress over perfection by taking small, intentional steps toward better health, mindset, and lifestyle. Set meaningful intentions instead of rigid resolutions.

Healthy Fontana is excited to cheer you on all year long! To make your wellness journey even more enjoyable, we're dropping a brand-new collectible sticker every month. Stop by our information booth at city events to grab the latest design, track your progress, and celebrate the small wins along the way. It's a simple, fun, and rewarding way to stay motivated while building healthy habits—one sticker at a time!



New Year, new energy! Move your body, challenge your mind, and mix fun with fitness. Walk, stretch, learn, laugh — small daily habits keep you strong, sharp, and feeling your best.



UPCOMING EVENTS



Saturday, January 10

Fontana Walks!

Patricia Marrujo Park | 5730 Avenal Pl | 8am-9am



Lentil Soup with Sweet Potatoes and Kale

Try this month's recipe and enjoy a delicious way to fuel your body with fiber, folate, and antioxidants that support digestion, immunity, and overall wellness.



Saturday, January 17

Cooking Class!

7350 W. Liberty Parkway | 10am-12pm



Every Sunday

Fontana Farmers Market

Fontana Park | 15556 Summit Ave. | 10am-3pm

Connect with Healthy Fontana

Community Services Department

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