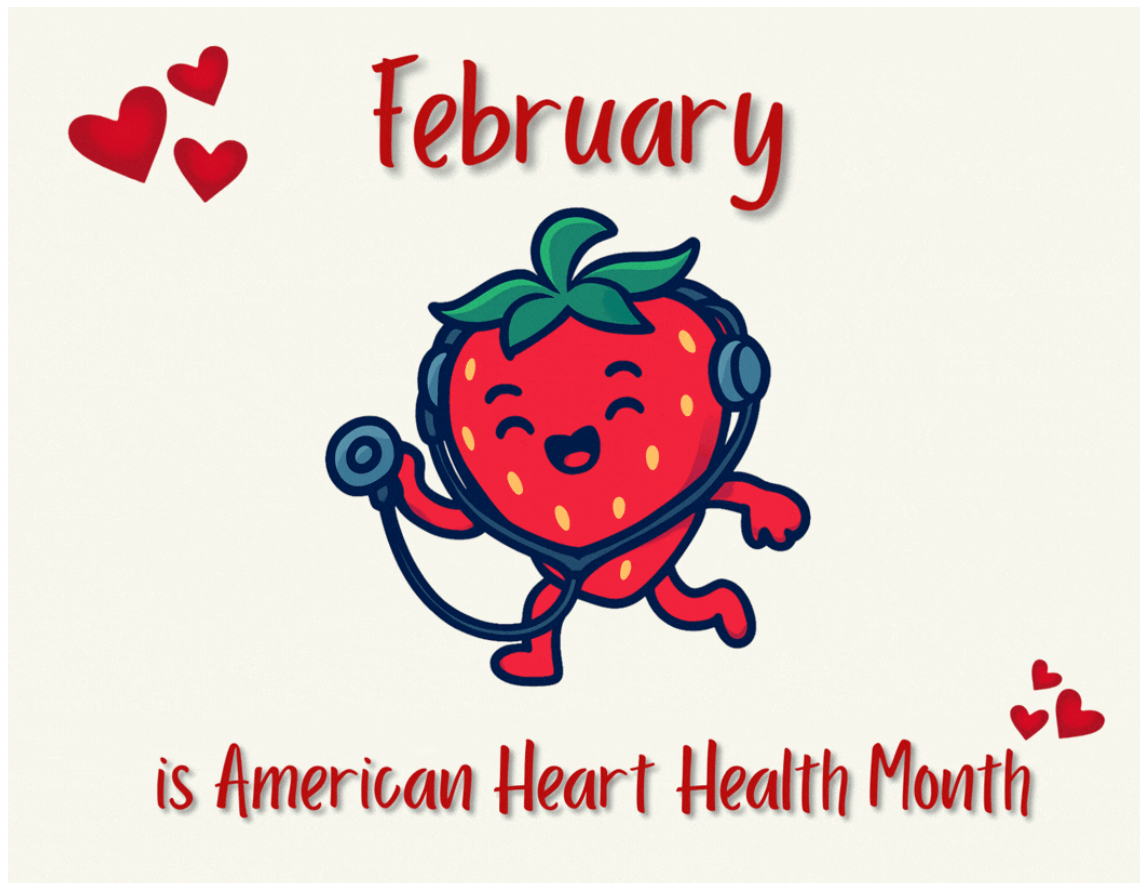


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February 2026 | Volume 7, Issue 2: American Heart Health Month



February is American Heart Health Month, a time to raise awareness about heart disease and the simple steps we can take to protect our heart health. Heart disease remains a leading cause of death in the U.S., but small lifestyle changes—like staying active, eating balanced meals, managing stress, and knowing your blood pressure numbers—can make a big difference. This month is a great opportunity to focus on heart-healthy habits and even try a weekly challenge, such as adding more movement to your day or choosing heart-smart foods. Be sure to join us in recognizing National Wear Red Day, held on the first Friday of February, to show support for heart health awareness.

[For More Information](#)

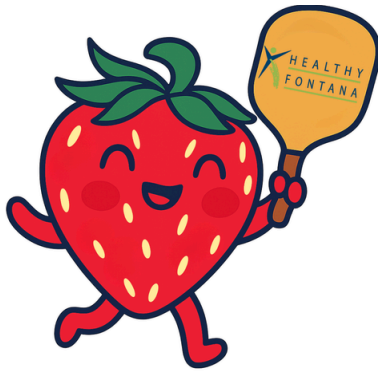
Mediterranean Tuna Antipasto Salad

Quick, tasty, and heart-smart! Try this no-cook salad packed with lean protein from tuna or salmon, healthy fats from olive oil, and fiber-rich veggies and beans. Pair it with whole-grain crackers or pita for the perfect heart-smart meal.



[Recipe](#)

Fuel your heart with veggies, whole grains, lean proteins, and healthy fats, limit salt and saturated fat, and support heart health with regular cardio.



Don't miss our February sticker drop! Visit the Healthy Fontana booth at any (or all) of our upcoming events below to grab yours!

Upcoming Events

Visit Healthy Fontana at one (or all) of these events for FREE resources and giveaways! Remember to bring your rewards card to earn some punches toward a prize!

- **Saturday, February 7:** [Garden Workshop](#) | Central City Community Garden | 8328 Cypress Ave. | 9am-10am
- **Saturday, February 14:** [Fontana Walks/Pickleball](#) | Jack Bulik Park | 16581 Filbert St. | 8am-9pm
- **Friday, February 20:** [Cooking Class Registration Opens](#) *Spots are limited and fill up quick — **registration is required to attend.**
- [Fontana Farmers' Market](#)
 - Every Sunday at Fontana Park | 15556 Summit Ave. | 10am-3pm



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Connect with Healthy Fontana
Community Services Department
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(909) 350-6542 | healthy@fontanaca.gov

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