Are you going the wrong weigh?
Get right at Healthy Fontana Nights!

Fontana, California, February 27, 2012. This March the Mayor and City Council invite the public to attend Healthy Fontana Nights and get your family active, motivated and healthy this spring.

This program is designed for your family to learn various nutrition topics and participate in physical activity exercises and games. All participants receive prizes and have a chance to be entered into drawings for even larger prizes.

Eating healthy and maintaining an active lifestyle may not be the easiest thing to do, but Healthy Fontana Nights makes it fun for the whole family. “We will be educating on the importance of consuming fruits and vegetables from all of the colors of the rainbow, and the physical fitness component of the night will consist of various entertaining sports drills and activities.” said Teresa Ramirez, Senior Community Services Assistant.

Healthy Fontana Nights will be held on Tuesday, March 13 at the Cypress Neighborhood Center and Wednesday, March 28 at the Steelworkers’ Auditorium. Presentations are free and held from 5 p.m. to 7 p.m. through June.
Most presentations will be bilingual (English/Spanish). ¡Además, estas clases son bilingües! For more information on these and other classes, please call the Healthy Fontana hotline at (909) 350-6542 or visit www.healthyfontana.org.

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