



Healthy Goal Setting Month

Kick off the new year with purpose through the Live Well Campbell Initiative! January is Healthy Goal Setting Month, a perfect time to reflect, reset, and create realistic wellness goals that support your physical, mental, and social well-being.

Santa Clara County Public Health Department

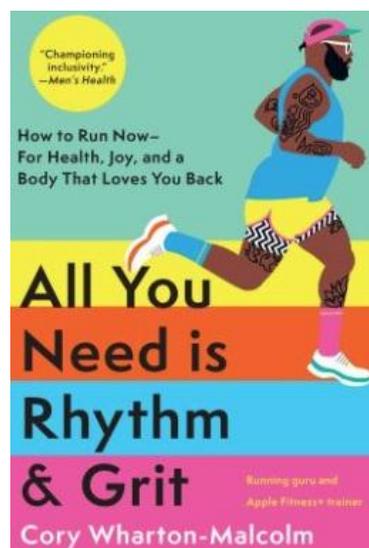
The Santa Clara Public Health Department provides a lot of wonderful resources to keep our community healthy! Every month they publish information about the harvest of the month and recipe ideas relating to that harvest.

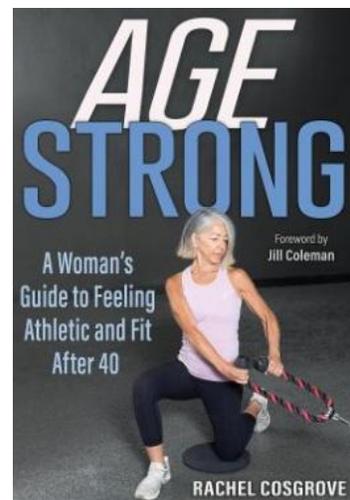
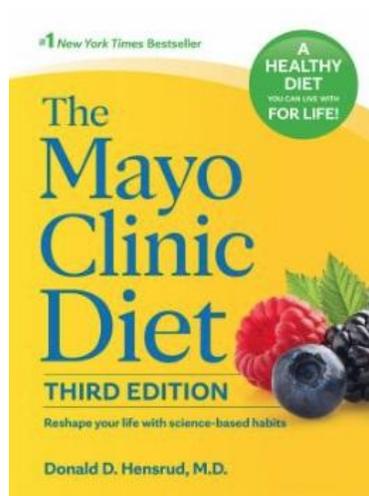
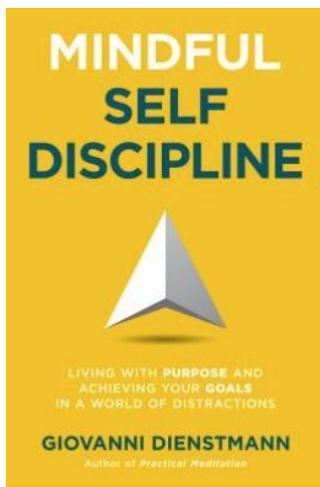
January Harvest of the Month: Pears and Lettuce

[LEARN MORE](#)



Book recommendations from
Santa Clara County Library.

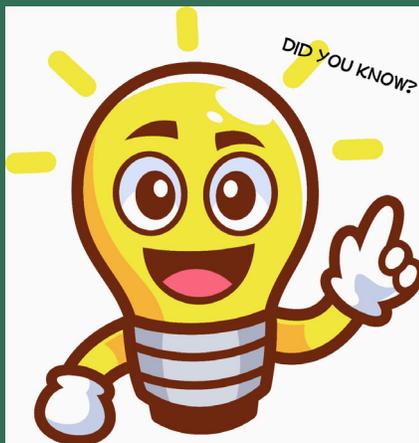




Santa Clara County Library Card Holders

If you have an active Santa Clara County Library card you have access to use Headspace free of charge.

[Learn More](#)



Writing down your goals helps turn vague ideas into clear plans, making it easier to stay focused and motivated. It also allows you to track your progress and hold yourself accountable as you work toward what you want to achieve.

THIS MONTH!

Come into our main office (1 W. Campbell Ave. #C-31) and add a post-it note to our **"2026 Goals"** Wall and receive a free pass to use one of our amenities such as the weight room, lap swim, drop in basketball, drop in volleyball or drop in pickleball. We look forward to helping support you in your goals this year.





Campbell Recreation | 1 W Campbell Ave., C-31 | Campbell, CA 95008 US

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