



Fundación Astra News

Dear Friends,

In 2025, Fundación Astra reached nearly 4000 children and families—in La Paz and Los Cabos municipalities - through play, education, healthcare, nutrition, and community support. None of this would have been possible without our local partners and most importantly, you.

BUILDING LOCAL HEALTH LEADERS

We believe lasting change begins within communities.

Through UNESCO's La Paz Learning City program we launched a practical training program for 25 community volunteers. These volunteers are learning how to promote healthy eating habits using local foods. Three additional training groups are planned for 2026.

Also within the UNESCO program, we conducted a series of edutaining activities and games designed to promote healthy eating habits for the staff of the mobile teaching unit from the municipality. The unit (El Aprendimobil), is a van that travels to various colonias with educational games and activities for all ages.



NOURISHING CHILDREN AND FAMILIES

Access to nutritious food remains at the heart of our work.

Each month, we distribute food bags to the most vulnerable families. We also provide multi-vitamin supplements to malnourished children and to pregnant women.

This year we supplied food for 668 from 167 families living with food insecurity and vitamins to 140 children and pregnant women.



TACKLING CHILDHOOD OBESITY

Childhood obesity is a growing concern in Mexico and addressing it is one of our top priorities.

Through nutrition fairs, interactive workshops for children and parents, special activity days, social media education, and guidance on preventing chronic disease, we are working on every front to encourage healthier lifestyles and long-term well-being.

People from all age groups participated in these activities.



PROVIDING HEALTHCARE AND ESSENTIAL MEDICINES

Our community clinic offers free healthcare services, including general medicine, dental care, nutrition and mental health counseling, acupuncture, and first aid training for both children and adults.

Our medical team also travels monthly to provide health care in marginalized communities from La Paz to Los Cabos.



AND MORE...

In addition to these core programs, we held mental health workshops, craft activities for the children, and launched a sewing club. We added 2 new consultation rooms at our clinic, procured a portable dental unit for additional outreach, distributed school supplies and clothes, built new partnerships and strengthened alliances to expand our services and reach more beneficiaries.

Thank you!

Your donation is tax-deductible in the US, through our US charity,

The Terma Foundation:

www.terma.org/donate

We are also tax-deductible in Mexico: www.fundacionastra.org/donar

[donar](http://www.fundacionastra.org/donar)

**Our upcoming benefit concert is
March 14th. Save the date!**

