

## Wellness Resources

Check these sites frequently for pop up events.

### FLIPANY

FLIPANY empowers youth and their families through physical activity and nutrition education programs.

[www.FLIPANY.org](http://www.FLIPANY.org)

### Healthcare Systems

Holy Cross Hospital, Baptist Health and Broward Health.

These offers a wide range of programs to improve the health of the community. They are dedicated to providing high-quality, cost-effective, compassionate healthcare services to all.

[www.baptisthealth.net](http://www.baptisthealth.net)  
[www.holy-cross.com](http://www.holy-cross.com)  
[www.browardhealth.org](http://www.browardhealth.org)

### Sponsors



[www.BRHPC.org](http://www.BRHPC.org)



### TOUCH Broward

TOUCH Broward works with communities, partners and local governments to reduce health disparities & improve the health and well-being of Broward County Residents.

[www.touchbroward.org](http://www.touchbroward.org)

### L.A. Lee YMCA Family Center

TOUCH Broward works with communities, partners and local governments to reduce health disparities & improve the health and well-being of Broward County Residents.

[www.ymcasouthflorida.org](http://www.ymcasouthflorida.org)



[www.TOUCHBroward.org](http://www.TOUCHBroward.org)

Email: [info@FLIPANY.org](mailto:info@FLIPANY.org)  
Phone: (954) 636-2388  
Website: [www.FLIPANY.org](http://www.FLIPANY.org)



FORT LAUDERDALE • OAKLAND PARK • WILTON MANORS



## Parks

### Island City Park Preserve

823 NE 28th St.  
Wilton Manors, FL 33305  
954.390.2130



### Reverend Samuel Delevoe Memorial Park

2520 NW 6th St  
Fort Lauderdale, FL 33311  
954.357.8801



### Wimberly Field

400 NE 3rd Ave.  
Oakland Park, FL 33334  
954.630.4508



### Joseph C. Carter Park

1450 West Sunrise Blvd.  
Ft. Lauderdale, FL 33311  
954.828.5411



### Roosevelt Gardens Park

2841 NW 11th St.  
Fort Lauderdale, FL 33311  
954.357.8700



### Hagen Park

2020 Wilton Dr.  
Wilton Manors, FL 33305  
954.390.2130



### Richard E. Giusti Heart Par Cours

600 NE 38th St.  
Oakland Park, FL 33334  
954.630.4508



### Holiday Park

1150 G. Harold Martin Drive  
Ft. Lauderdale, FL 33304  
954.828.5385 Activity Center  
954.828.4594 Gym



## Fitness Centers

### Reverend Samuel Delevoe Memorial Park

2520 NW 6th St.  
Fort Lauderdale, FL 33311  
954.357.8801

### Hagen Park

2020 Wilton Drive  
Wilton Manors, FL 33305  
954.390.2130

## Physical Activity

### Group Fitness

#### Hagen Park Community Center

2020 Wilton Drive  
Wilton Manors, FL 33305  
954.390.2130

Empower Hour  
Chair Yoga  
Hula Dance

#### Island Park Preserve

823 NE 28th Street  
Wilton Manors, FL 33305  
954.390.2130

Square Dancing

#### Reverend Samuel Delevoe Memorial Park

2520 NW 6th St.  
Fort Lauderdale, FL 33311  
954.357.8801

Walk with Ease for Seniors

### Athletics

#### Cherry Creek Park Wimberly Field

400 NE 3rd Ave.  
Oakland Park, FL 33304  
954.630.4508

Soccer  
Basketball  
Flag Football

#### Boulevard Gardens Community Centers

313 N.W. 28TH Terrace  
954.357.6867

Kickball  
Basketball  
Skating  
Bike Riding

## Nutrition Programs & Farmer's Markets

### Wilton Manors Green Market

2020 Wilton Drive  
Wilton Manors, FL 33069  
954.531.5363

### Urban Farmer Patio Market

1101 NE 40th Court  
Oakland Park, FL 33334  
954.586.6686

### Urban Farming Institute

1101 NE 40th Court  
Oakland Park, FL 33334  
954.696.9577

### Las Olas Outdoor Market

333 East Las Olas Blvd.  
Fort Lauderdale, FL 33301  
954.214.9933

### Marando Farms Artisan Market

1401 SW 1st Ave.  
Fort Lauderdale, FL 33315  
954.294.2331

Walking / Jogging Path

Fitness Trail

Picnic Area

Basketball Court

Tennis / Racquet Ball Court

Playground

Swimming Pool

Canoe / Kayak

Fitness Center

Fitness Stations

Fishing

Football

Pickleball

Volleyball

Soccer

Baseball / Softball

Hockey