

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

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

Sponsors



www.BRHPC.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
www.holy-cross.com
www.browardhealth.org



www.TOUCHBroward.org

Email: info@FLIPANY.org
Phone: (954) 636-2388
Website: www.FLIPANY.org



**YOUR GUIDE TO
HEALTH AND WELLNESS
PROGRAMS ON A BUDGET**

**PARKLAND • COCONUT CREEK • CORAL SPRINGS
DEERFIELD BEACH • MARGATE • POMPANO • LIGHTHOUSE POINT**



Parks

Donaldson Park

900 NW 43 Ave.
Pompano Beach FL 33066
954.357.8870



Mullins Park

10000 Ben Geiger Dr.
Coral Springs FL 33065
954.345.2170



Quiet Waters F. Park

401 S. Powerline Rd.
954.357.5100



Pine Trails Park

10555 Trails End
Parkland FL, 33067
954.757.4105



Frank McDonough Park

3500 NE 27th Ave.
Lighthouse Point, FL 33064
954.943.6500



Nutrition Programs & Farmer's Markets

Parkland Farmer's Market

8350 Ranch Rd,
Parkland, FL 33067
(954) 757-4120

Josh's Organic Garden

101 N Ocean Drive,
Coral Springs, FL 33076
954-618-9977

Pompano Beach Green Market

41 NE 1st Street
Pompano Beach, FL 33060
(954) 609-7974

Physical Activity

Group Fitness

Coconut Creek North Fitness Center

4455 Sol Press Blvd.
Coconut Creek, FL 33073
954.956.1580

Cycling

Coconut Creek South Fitness Center

1100 Lyons Rd.
Coconut Creek, FL 33066
954.956.1580

Body Sculpting

Coral Springs Aquatic Complex

12441 Royal Palm Blvd.
Coral Springs, FL 33065
954.345.2121

Zumba

Mitchell/Moore Park & Recreation Center

901 NW 10th St.
Pompano Beach, FL 33060
954.786.4131

Hip Hop

Co-ed Kickball

Coral Springs Veteran's Building at Mullins Park

10000 NW 29th St.
Coral Springs, FL 33065
954.345.2200

Yoga

Fitness Centers

Coconut Creek South Fitness Center

1100 Lyons Rd.
Coconut Creek, FL 33066
954.956.1580

Coral Springs Aquatic Complex and Fitness Club

12441 Royal Palm Blvd.
Coral Springs, FL 33065
954-345-2121

Athletics

Oveta McKeithen Recreational Complex

445 SW 2nd St.
Deerfield Beach, FL 33441
954.480.4481

Double Dutch

Basketball

 Walking / Jogging Path

 Basketball Court

 Volleyball

 Fishing

 Soccer

 Fitness Trail

 Tennis / Racquet Ball Court

 Fitness Center

 Football

 Baseball / Softball

 Swimming Pool

 Playground

 Fitness Stations