

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

Greater Hollywood YMCA Family Center

The Greater Hollywood YMCA family center is dedicated to enhancing healthy lifestyles through programs that build mind, body and spirit. The YMCA designs programs to help families build stronger bonds, spend more time together, encourage good health and foster connections through fitness, sports and shared interests.

www.ymcasouthflorida.org

Sponsors



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

Memorial Healthcare System

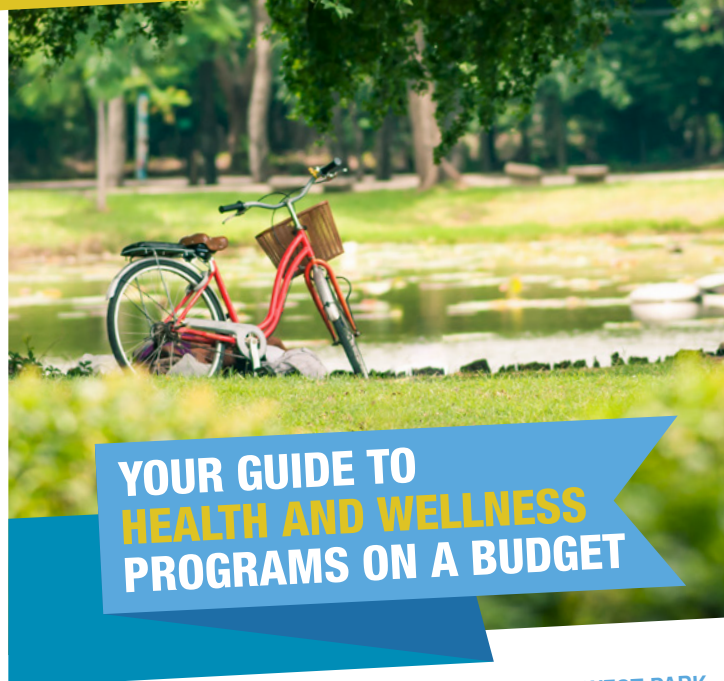
Memorial Healthcare System provides many programs and services designed to benefit local residents, including health fairs and children's safety programs

www.mhs.net



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**

HOLLYWOOD • HALLANDALE BEACH • DANIA BEACH • WEST PARK



Parks

Bicentennial Park

7300 Farragut Street,
Hollywood, FL 33024



B.F. James Park and Pool

777 NW 1st Avenue,
Hallandale Beach, FL 33009
954.457.1321



Patrick J. Meli Park

2901 SW 52nd Street,
Fort Lauderdale, FL 33312
954.985.4400



Ingalls Park

735 SW 1st Street,
Hallandale Beach, FL 33009
954.457.1450



TY Park

3300 N Park Rd.
Hollywood, FL 33021
954.357.8811



Mary Saunders Park

4750 SW 21st Street,
West Park, FL 33023
954.985.1990



Frost Park

300 NE 2nd Street
Dania Beach, FL 33004
954.924.3690



Physical Activity

Athletics

MLK Center

2400 Charleston Street,
Hollywood, FL 33020
954.921.3412

Middle School Girls Basketball
Skills Development

Middle School Boys Basketball

Fitness Centers

Memorial Fitness Zone Free

Outdoor Gym

SE 5TH Avenue
Dania Beach, FL 33004

CW Thomas Park Community Center

100 NW 8th Avenue,
Dania Beach, FL 33004
954.924.3692

Foster Park

609 N.W. 6th Avenue,
Hallandale Beach, FL 33009
954.457.1452

McNicol Community Center

1411 28th Avenue,
Hollywood, FL 33020
954.921.3511

Group Fitness

Foster Park

609 N.W. 6th Avenue,
Hallandale Beach, FL 33009
954.457.1452

Ballet ✨

Family Fitness ✨

Line-R-Cise ✨

Mommy & Me Fitness ✨

Zumba ✨

Hip Hop Dance Class ✨

Washington Park

5199 Pembroke Road,
Hollywood, FL 33021
954.967.4240

Tae Kwon Do

Weight Lifting

McNicol Community Center

1411 S 28th Avenue,
Hollywood, FL 33020
954.921.3511

Zumba Fitness

Shotokan Karate

Arts Park at Young Circle

1 N Young Circle,
Hollywood, FL 33022
954.921.3500

Latin Dance Fitness

Salsa for Beginners

CW Thomas Park

100 NW 8th Ave,
Dania Beach, FL 33004
954.924.3692

Zumba

Nutrition Programs & Farmer's Markets

Foster Park

609 NW 6th Avenue,
Hallandale Beach, FL 33009
954.457.1452

Mommy & Me Nutrition ✨

Dania Beach PATCH Garden & Farmer's Market

1200 NW 1st,
Dania Beach, FL 33004
954.561.9681 ext. 1325

Washington Park

5199 Pembroke Road,
Hollywood, FL 33021
954.9674.240

Young Chefs ✨

Josh's Organic Garden

101 N Ocean Drive,
Hollywood, FL 33019
954.456.3276

Yellow Green Farmer's Market

1940 N. 30TH Road
Hollywood, FL 33021
954.513.3990

Walking Trail

Fitness Trail

Swimming Pool

Basketball Court

Tennis or Racquet Ball Court

Playground

Bike Trail

Soccer

Baseball / Softball

Skateboarding

Free for residents

All programs fall under this category
unless free for residents.

\$1-10/class or session
\$5-35/month

\$35-125/year