

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

Healthcare Systems

Holy Cross Hospital, Baptist Health, Broward Health, Cleveland Clinic and Memorial Healthcare System

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
my.clevelandclinic.org/florida
www.mhs.net

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

YMCA Family Center

Pembroke Pines YMCA Family Center,
Weston YMCA Family Center

The 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



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**

COOPER CITY • DAVIE • MIRAMAR • PEMBROKE PINES • WESTON



Parks

Brian Piccolo Sports Park

9501 Sheridan St.
Cooper City, FL 33024
954-357-5150



C.B. Smith Park

900 N. Flamingo Rd.
Pembroke Pines, FL 33028
954-357-5170



Tree Tops Park

3900 S.W. 100th Ave.
Davie, FL 33328
954-357-5130



Cooper City Sports Complex

10300 Stirling Road,
Cooper City, FL 33026
954-434-4300



Davie Pine Island Park Multipurpose Center

3801 South Pine Island Road,
Davie, Florida 33328
954-327-3941



Rose G. Price Park

901 NW 208th Ave.
Pembroke Pines, FL 33026
954-437-1140



Lakeshore Park

8501 S. Sherman Circle,
Miramar, FL 33025
954-602-3167



Sunset Lakes Community Center

2801 SW 186th Ave.
Miramar, FL 33025
954.602.3340



Physical Activity

Group Fitness

Cooper City Pool and Tennis Center

11600 Stonebridge Pkwy,
Hollywood, FL 33026
Low Impact Aerobics,
Pickleball, Mat Pilates,
Zumba, Pool,
Line Dancing

Davie Pine Island Pool

3800 SW 92nd Ave.
Davie, FL 33328
954.327.3941
Lap Swim

Weston Park and Community Center

20200 Saddle Club Road
Weston, FL 33327
Youth and Adult Karate

Fitness Centers

**Davie Pine Island Park
Multipurpose Center**
3801 South Pine Island Road,
Davie, FL 33328
954-327-3941

Pine Island Fitness Center

3800 SW 92 Avenue
Davie, FL 33328
954.389.4321

Miramar Youth Enrichment Center

7000 Miramar Parkway
Miramar, FL 33023
654.602.4780

Pembroke Pines YMCA Family Center

501 SW 172nd Ave.
Pembroke Pines, FL 33029
954.727.9622

Nutrition Programs & Farmer's Markets

Cleveland Clinic Farmer's Market

2950 Cleveland Clinic Blvd.
Weston, FL 33331
305.318.6148

Weston Park Community Garden

20200 Saddle Club Road
Weston, FL 33327
954.392.2127

Farmer's Market Shops of Pembroke Gardens

527 SW 145th Terrace,
Hollywood, FL 33027
605.318.6148

Stiles Farmer's Market

3301 College Avenue
Fort Lauderdale, FL 33314
954.437.4852

 Walking / Jogging Path

 Fitness Trail

 Swimming Pool

 Skateboarding

 Basketball Court

 Tennis / Racquet Ball Court

 Playground

 Golf

 Bike Trail

 Fitness Center

 Nature Trails

 Fishing

 Cricket

 Football

 Handball

 Volleyball

 Soccer

 Baseball / Softball

 Roller Hockey