WELCOME TO YOUR

MULTIGENERATIONAL PARK!

THIS PARK IS DESIGNED FOR ALL AGE GROUPS

4 ELEMENTS OF FITNESS OFFERED

- AEROBIC ACTIVITY
- STRENGTH TRAINING
- BALANCE
- FLEXIBILITY

RELAXATION & HYDRATION

STATIONS ARE PLACED THROUGHOUT THE PARK AREA.

USING A HEALTH-RELATED APP?

FREE WIFI!

Learn more about your multigenerational park: FloridaHealth.gov/multigen

HEALTH FOUNDATION of south Florida

Florida HEALTH