

Celebrate Wellness, Health, and Fitness as a Community

The City of Pembroke Pines,  
Baptist Health and Broward County  
Public Schools present

# Kindness 2025

"It Starts with You"

Help spread Kindness on  
**Saturday, February 1, 2025**  
**11:00am-2:00pm**  
**Charles F. Dodge City Center**  
601 City Center Way **Save the Date!**

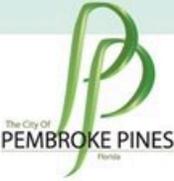
**Join us for a day all about being kind to your body and others.**

Help raise awareness about mental health. Event activities include **Yoga on the Plaza, Holistic Market, Tree of Hope and Wishes, Random Acts of Kindness, Arts and Crafts including Friendship Bracelets and planting the seeds of kindness.** Bring the entire family and help find inner peace and share *Kindness, Compassion and Forgiveness* with others. Continuous entertainment on stage which includes musical performances, poetry readings, and dancing.

INTERACTIVE  
**Sidewalk Chalk Project**  
by Mellow Monkey Art

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For details on the event or how to be a part of the event, call the Special Events office at 954-392-2116.

Persons with disabilities requiring accommodations in order to participate must contact the Recreation and Cultural Arts Department, 954-392-2116, at least 24 hours in advance in order to request such accommodations.

**For Immediate Release**

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## Kindness 2025 Event

**Pembroke Pines, FL (December 12, 2024)** – All ages are welcome to join the City of Pembroke Pines for a day dedicated to being kind at the 2025 Kindness Initiative Event. It's a great opportunity to help raise awareness about mental health and enjoy a fun day on Saturday, February 1, 2025 from 11:00 am to 2:00 pm at the Charles F. Dodge City Center, located at 601 City Center Way.

### Event Details

Event activities include Yoga on the Plaza, Tree of Hope and Wishes, Random Acts of Kindness, Arts and Crafts including creating Friendship Bracelets and planting the seeds of kindness. All are encouraged to either bring the entire family, come with friends or make new friends while finding inner peace and sharing Kindness, Compassion and Forgiveness with others. There will be continuous entertainment on stage which includes musical performances, poetry readings, and dancing.

For details on the event or how to be a part of the event, please call the Special Events office at 954-392-2116.

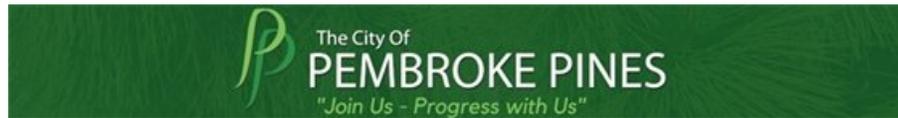
### **Thank you to our Sponsors: Baptist Health & Broward County Public Schools**

Click [here](https://www.youtube.com/watch?v=qWDCAVfdL24&t=14s&ab_channel=PembrokePinesMedia) [https://www.youtube.com/watch?v=qWDCAVfdL24&t=14s&ab\_channel=PembrokePinesMedia] to watch the 2024 Kindness Initiative event.

### **Stay Connected With The City!**

The community can learn more about the City of Pembroke Pines' latest events and activities by subscribing to Pembroke Pines Media on YouTube at Pembroke Pines Media, to NewsFlash, a monthly digital newsletter, at [www.ppines.com/Newsflash](http://www.ppines.com/Newsflash) [//www.ppines.com/Newsflash], by reading the city's digital newspaper City Connect at [www.ppines.com/cityconnect](http://www.ppines.com/cityconnect) [//www.ppines.com/cityconnect], visiting the city's website at [www.ppines.com](http://www.ppines.com) [//www.ppines.com], checking the city's digital signage, or by visiting the City's Facebook page at [www.facebook.com/cityofpembrokepines](http://www.facebook.com/cityofpembrokepines) [//www.facebook.com/cityofpembrokepines], and @cityofppines for Twitter and Instagram. Residents with Comcast can view Pembroke Pines Media programming on channel 78.

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