



For Immediate Release

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Free Health and Safety Program “One City at a Time” Kickoff Event

Pembroke Pines, FL (May 19, 2025) -- The Pembroke Pines Fire and Rescue Department is holding a free event for all ages on Saturday, June 21 from 10 am to 2 pm at the Charles F. Dodge City Center, located at 601 City Center Way, in partnership with Memorial Healthcare System’s “One City at a Time” Kickoff event. In addition to health and safety info and training being offered by the City, the event will introduce Pembroke Pines residents to free, health-related resources and services that will be available throughout the year via Memorial’s “One City at a Time” program. Families, friends and children of all ages are welcome to attend. There is also free parking and no tickets are required.

Event Details

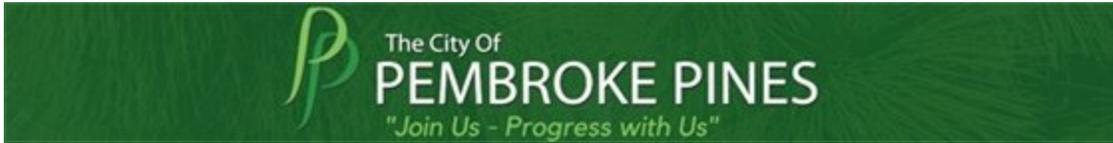
As part of the City’s Health and Safety Education/Training portion of this event, there will be free sessions held every 30 minutes regarding CPR/AED, Stop the Bleed, Stroke/Heart Attack signs and symptoms awareness info; and the launch of a “Save the Brain” initiative in partnership with the Pembroke Pines Fire Department.

The “One City at a Time” kickoff event will include free hot lunches, games for the kids, music, various fun activities, food distribution for the first 300 families, mobile units on site for health screenings, nutritional counseling, access to primary care physicians, and so much more. Following this event, Memorial Healthcare System will have its pediatric and adult mobile teams at different locations throughout Pembroke Pines two days a week for eight weeks with no appointment being necessary and all services being free of charge. Location sites are currently being established and will be announced at the kickoff event.

Stay Connected With The City!

The community is encouraged to learn more about the City of Pembroke Pines' latest Events by subscribing to Pembroke Pines Media on YouTube, by reading the city's newspaper City Connect, by subscribing to the City's digital newsletter City Connect News Flash received via email at www.ppines.com/newsflash, checking the city's digital signage, or by visiting the City's Facebook page at www.facebook.com/cityofpembrokepines, and @cityofppines for Twitter and Instagram, as well as the city's website at www.ppines.com. Residents with Comcast can view Pembroke Pines Media programming on Channel 78, and residents with AT&T U-Verse can view programming on Channel 99 and click on Pembroke Pines TV.

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