Beach Yoga with Cliff in Deerfield Beach
Cliff Herrmann is a well-known yoga teacher in the Deerfield Beach community. With the goal of bringing yoga out of the studio and back to nature, he started teaching on the sand. He will teach a gentle, calming form of yoga called Ananda Raja, beachside, by lifeguard stand four Monday - Friday at 5pm; Saturday and Sunday at 5pm.

Beach Zumba with Janet in Deerfield Beach
Beach Zumba has returned. Classes are at 8:30am on Mondays, Wednesdays and Fridays at the 5th North St. boardwalk by the beach. Classes will be taught by experienced Zumba instructor Janet Ciccone. Classes are $7 per class or $35 for a six-class package.

Tropical Postcard Show
Over 50 dealers from around the country gather to show and sell more than a million tropical postcards.
Where: Feb. 23 from 10am to 5pm
Where: Emma Lou Olson Civic Center, 1001 NE Sixth St., Pompano Beach
For more information visit tropicalpostcardclub.com

Celebrate Nonprofits like 2-1-1
Do you know about 2-1-1? By dialing 2-1-1 from any phone in Broward County, residents can reach a 24-hour comprehensive hotline for individuals and families in our community seeking crisis intervention assistance. Don’t feel alone. Reach out. The friendly people at 2-1-1 are there for you.
To celebrate the accomplishments of 2-1-1 and other Broward County nonprofit organizations, 2-1-1 and Community Care Plan — the first safety-net, hospital-owned Provider Service Network that serves members enrolled in Medicaid, Children’s Medical Services Network and self-insured employee health plans — will host the 7th annual Community Care Plan Nonprofit Awards Ceremony and Luncheon on Friday, Feb. 22.
The awards will acknowledge the highest level of achievement, innovation and quality in the nonprofit sector with 10 categories of award winners.

When: Friday
Feb. 22 at 11am
Where: Signature Grand, 6600 FL-84, Davie
Cost: Tickets are $100 per person for general admission. To learn more visit 211broward.org/nonprofit-awards
or contact Troy Shulidner at 954-390-0499 or tsulidner@211-broward.org.