



MEDIA RELEASE
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Get Some Exercise Through Hawaiian Hula Dancing or Relieve Stress Through Happy Hour Meditation

Wilton Manors, Florida (June 23, 2014) – Stressed out? Need a way to release some energy? The City of Wilton Manors is offering two new programs this summer that are sure to help you relax and have fun!

Happy Hour Meditation

For those looking for a little peace of mind, Happy Hour with Trixie is an adult life empowerment program held every Monday from 7 p.m. to 8 p.m. at Hagen Park Community Center.

Participants can begin their busy week by concentrating on themselves. The program revolves around controlling emotions, reducing stress and anxiety and focusing energy on the most important parts of living – all through body movement, music, visualization, meditation and aromatherapy.

The cost is \$35 per month or \$10 per class. The class is for adults 18 and older.

Hula Dancing

For those looking for a fun way to relieve stress and release a little energy, a hula dance class is held every Monday at 7p.m. for beginners and Tuesday at 7 p.m. for intermediate students at the Hagen Park Community Center.

Organized by the Kua'aina Pa Hula O Hawaii, a Hawaii hui (club) located here in South Florida, participants will learn how to hula according to the Hawaiian dance style. Whether you are a Hawaiian or Hawaiian-at-heart, all are welcome to join.

The cost is \$35 per month or \$12 per class for participants who are 16 and older.

The Hagen Park Community Center is located at 2020 Wilton Drive. For more information on these two programs, call 954-390-2130. To view a comprehensive list of programs offered at the Hagen Park Community Center [CLICK HERE](#).



ABOUT THE CITY OF WILTON MANORS

Wilton Manors was laid out in 1925 by Edward John “Ned” Willingham, a land developer from Georgia, as an upscale residential community. It was recognized as a Village in 1947 and incorporated as a City in 1953. Today, the City of Wilton Manors offers all the benefits of a big city from shopping, to hip restaurants and bars, a burgeoning arts community and tons of community events, yet still maintains a cozy, community-feeling offering miles of natural waterways perfect for kayaking, paddle boarding and other outdoor activities. Recently named the “Second Gayest City” in the United States, the City of Wilton Manors celebrates a diverse population of approximately 12,000 residents. To learn more about the live, work and play opportunities in Wilton Manors call (954) 390-2100 or visit www.wiltonmanors.com