



# Welcome home to *wellness* in Coconut Grove

NEIGHBORHOOD GUIDE



**THE WELL**

COCONUT GROVE

MIAMI



**THE WELL**

COCONUT GROVE

MIAMI



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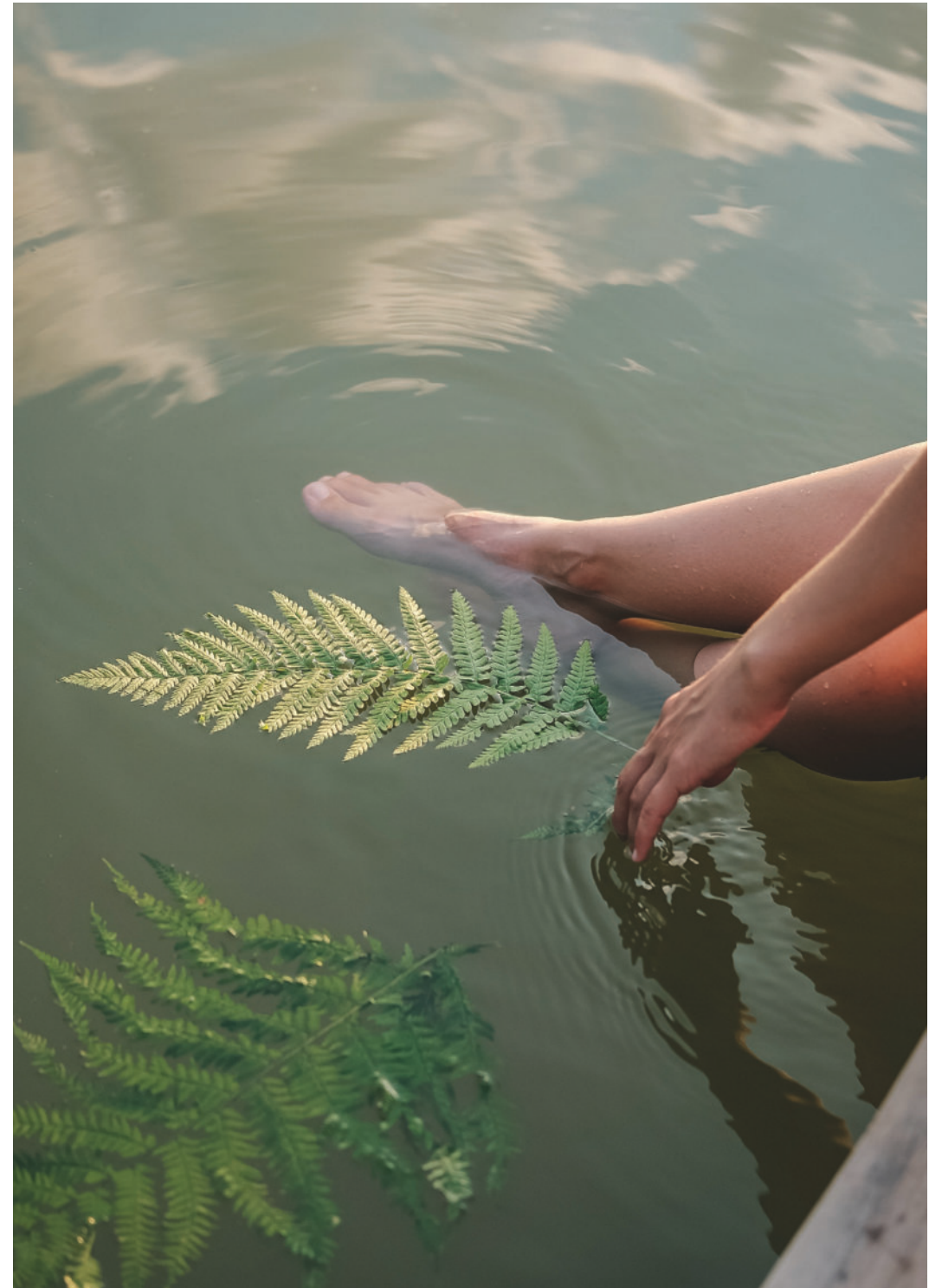
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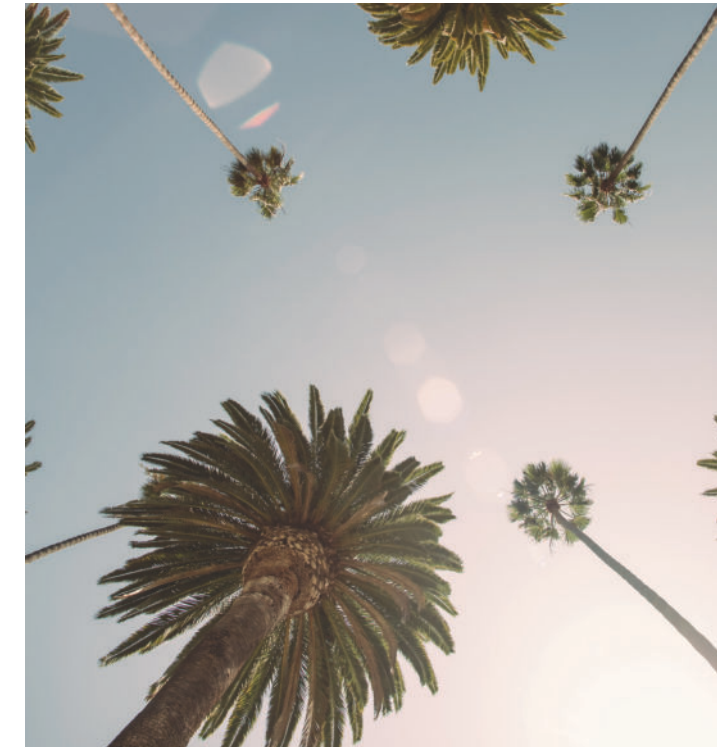
Your life at THE WELL Coconut Grove places wellness at the center, creating the time and space to disconnect, slow down and refocus on what matters most: your well-being. Set in the leafy, tree-lined neighborhood of Coconut Grove, THE WELL is created for you to live, work and play in complete wellness. Designed to blend artfully with the local setting, The Residences feature 194 bespoke homes with spacious private balconies, open, light-filled layouts and custom features to promote health, boost energy and help you feel your best.





# Living at THE WELL Coconut Grove





“I have chosen to be happy because  
it is good for my health.”

– Voltaire, French writer

You feel it upon arrival, a wave of calm and restoration — airy, soaring ceilings, stunning natural light. A space designed to promote complete balance — the surrounding natural setting quietly integrated into the flow. Familiar and exceptional, calming and restorative. Welcome home to wellness.



## Building Features

- 194 residences across 8 floors
- Serene arrival lobby immersed in diffused natural light
- Open, airy indoor-outdoor design
- Holistic sense of serenity: subtle aromatherapy and restorative indoor gardens
- Sustainably minded, Florida Green Building Design with Silver Certification
- Natural lighting optimized throughout
- Select townhomes with walk-up street access, private garden entry
- 40,000-square-foot rooftop designed as an outdoor wellness oasis
- 13,000 square-foot state-of-the-art Wellness Club
- Ground floor lofts with 22' ceilings in great room and double-height window wall
- Coral stone facade nodding to historic Coconut Grove architecture



Townhouse Entrance

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

## Residence Features

### HOME

- Spacious, private balconies or terraces in all residences
- Open, light-filled layouts
- Neutral engineered wood floors
- Generous floor plans with expansive glass windows designed with health and wellness in mind
- Flex spaces in select residences for in-home wellness practices like meditation, workouts or massage, with the option to enhance your experience through custom wellness packages
- Primary bedrooms feature finished walk-in closet systems with built-in red light therapy to boost health, energy and well-being
- Samsung washer and dryer in every residence with dedicated laundry rooms in select homes

## KITCHEN

- Kraus Kore™ kitchen sink, known for its seamless design, function and balanced workspace with integrated accessories
- Quartzite countertops and backsplash
- Grohe pull-down faucet with filtered and chilled still and sparkling water options
- Sub-Zero, Wolf and ASKO appliances
- Specialty kitchen accessories: electric kettle, Nutri Bullet, Suvie Kitchen Robot and air fryer
- Built-in Sub-Zero wine fridge
- Custom Italkraft Italian cabinetry
- Kitchen islands or peninsulas in every residence with room for seating

## PRIMARY BATH

- Dornbracht rain shower head with option for accompanying wall-mounted hand shower or affusion component to help stimulate the lymphatic system, reduce water retention and increase energy
- Free-standing tubs to ease tired muscles and joints available in select residences
- Natural stone on floor, countertop and wall surfaces behind vanity and tubs in select units
- Natural stone countertop on vanities with dual sinks
- Custom Italkraft Italian cabinetry
- Illuminated vanity mirrors
- Steam showers in 3- and 4-bedroom residences







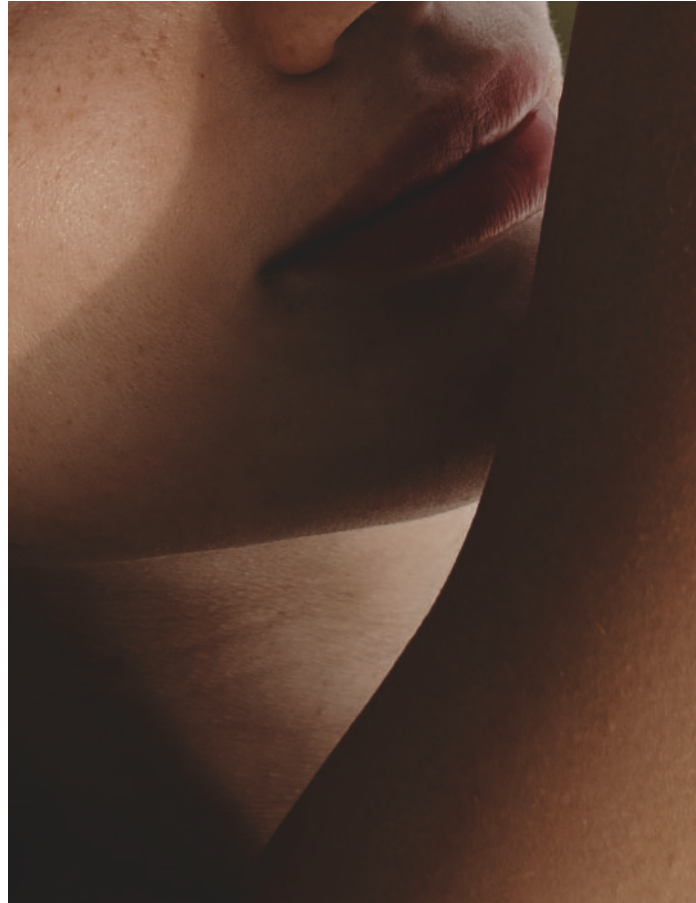
Living Room

A Word on Wellness — Embrace the morning light.

*Natural light first thing in the morning has double duty benefits: reset your circadian rhythm and get a dose of vitamin D from the Miami sun.*



Primary Bedroom



A Word on Wellness — Expand your awareness.  
*Everyday occasions can be imbued with more meaning to help us make sense of the world and connect to the great mystery of life.*





## Services & Amenities

- Valet parking
- 24-hour security
- Hot and cold towel service on arrival and departure
- Conservatory features double-height glass overlooking the indoor-outdoor garden
- Aperitif bar and light refreshment offerings
- Tea garden features lush landscaping, an indoor/outdoor patio and a reflection pond
- Lobby library promotes work/life balance and allows for a quiet, cozy reading room and lounge for gathering
- Private dining room with catering kitchen and bar for events
- Children's room engages kids in indoor and outdoor wellness activities
- EV charging stations
- Fitness center perfect for private training
- Rooftop pool deck with hot/cold plunges, private cabanas and chaises
- Lush tropical landscaping throughout



2855 TIGERTAIL AVE



Rooftop Lounge



Rooftop Pool

ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE





A Word on Wellness — Go wild, or at least get outside.  
*Spending intentional time in verdant surroundings restores something of your original human condition: a calm body with an optimized immune system, and a brain in a state of restful awareness, alert to surroundings but unencumbered by constant thought.*

Rooftop Pickleball Court

“Keeping your body healthy is an expression  
of gratitude to the whole cosmos — the trees,  
the clouds, everything.”

— Thich Nhat Hanh, Monk & peace activist

## The Club at THE WELL Coconut Grove

- Holistic wellness and fitness center offering an extensive menu of treatments and experiences for the mind, body and spirit
- Over 13,000-square-foot Fitness and Wellness Club with café, social and coworking spaces for owners and members with a fresh juice and organic snack bar
- Rooftop pool deck and hot tub with private cabanas and chaises for THE WELL Club members
- Rooftop bar and dining area
- Light-filled conservatory with wellness lounge for coworking, IV therapy and gathering space
- Fitness Forest for outdoor individual and group exercise
- Pickleball court
- State-of-the-art fitness center with premium equipment and machines
- Mindful movement studio with healing gong wall
- Beautiful communal bath house with steam, sauna, cold plunge and caldarium
- Crystal Cave relaxation lounge with varying crystals and healing modalities
- Hyperbaric chamber
- Vitality Lounge for self-service wellness treatments and IV therapy
- His and hers styling suites, with private showers and lockers
- EMS training and movement studio with a variety of classes weekly, including yoga, HIIT, barre, strength training, breathwork and more
- Functional medicine practice, physical therapy and longevity experts to improve, enhance and extend your quality of life
- Retail shop & members lounge offering wellness products curated and vetted by THE WELL practitioners, designed to enrich your at-home wellness experience and support your daily wellness rituals — from essential oils and body care products, to diffusers, dry brushes and more

## Exclusive Privileges for Residents

- Full-service concierge services from THE WELL team
- Calendar of events, lectures and experiences
- Curated weekly fresh juice and snack subscription program for individuals and families
- Dedicated private outdoor and indoor classes
- Bi-annual health coaching session and annual whole-person health assessment to guide residents in creating individualized wellness plans
- Preferred pricing on treatments and services
- Exclusive benefits across THE WELL locations globally
- Access to in-home services from massages and facials to health coaching and guided meditations
- Early access to bookings and unlimited mindful movement classes
- THE WELL Locker: the latest collection of wellness tech, including Theragun, Therabeam, infrared blankets, lymph boots, FaceWare Pro and others, for use exclusively by residents
- Access to in-home plant design and maintenance services
- Energy-clearing ceremony of each new residence by THE WELL practitioners





## Life in Coconut Grove

Coconut Grove is Miami's oldest and most naturally beautiful neighborhood, defined by its abundance of tropical greenery, ivy-covered walls, brick and limestone, tree-lined streets and bright pops of tropical color. The area is known for its thriving boat culture and ample outdoor activities, along with landscaped parks and green spaces, MICHELIN-starred restaurants, cozy cocktail bars, boutiques, galleries and more – a refined, diverse setting in the heart of Miami, balanced by relaxed, sunlit exuberance.



“Look deep into nature, and then you will understand everything better.”

– Albert Einstein, theoretical physicist

Known as Miami's “original” neighborhood, Coconut Grove is a refined bayfront enclave of quiet residential streets lined with banyan trees, palms and live oaks, abundant green space, outdoor cafés, cocktail lounges, juice bars, yoga and Pilates studios, designer boutiques, beautiful architecture and some of Miami's best restaurants. Highly walkable and filled with hidden gems around every corner, The Grove is among the city's most beloved addresses for its long history, refined sensibility and eclectic energy.



Vizcaya

*A Word on Wellness – Get outside.  
Research shows that spending time around trees can  
reduce stress, improve immunity and lower blood  
pressure. Good thing there's no shortage in The Grove.*



Vizcaya Museum & Gardens

A Word on Wellness — Just being near water can provide benefits for your mental well-being.

*Need a moment of respite? Head to one of the many public places nearby with a view of the water, find a bench or a spot on the ground, take a deep breath and take in the view.*









Dinner Key Marina



ARTIST'S CONCEPTUAL RENDERING | SEE DISCLAIMER PAGE

“The enduring appeal of Coconut Grove lies in its quiet confidence. It’s almost like a secret garden in the middle of Miami, artsy and bohemian, but also highly elegant and refined, with amazing seaside parks, historic landmarks, year-round festivals, exceptional schools, designer shopping and fine dining, all with this charming sidewalk-style aesthetic.”

– Kane Sarhan, Co-Founder & CCO, The WELL



### Dining

- 01. Amal + Level 6
- 02. Ariete
- 03. bartaco
- 04. Bodega Taquería y Tequila
- 05. Carbone Vino
- 06. CocoWalk
  - Mister O1
  - Narbona
  - Planta Queen
  - Sushi Garage
- 07. Chug's Diner
- 08. Glass & Vine
- 09. Greenstreet Cafe
- 10. Koko
- 11. Krüs Kitchen + Los Félix
- 12. Le Bouchon Du Grove
- 13. Panther Coffee

- 14. Pura Vida
- 15. Sadelle's Coconut Grove
- 16. Salt & Straw
- 17. Sapore di Mare Italian Seafood
- 18. Sereia

### Shopping

- 19. Agua Bendita
- 20. alice + olivia
- 21. Books & Books
- 22. LoveShackFancy
- 23. Pietra Casa
- 24. The Bazaar Project
- 25. The Showroom
- 26. two : minds
- 27. Warby Parker

### Health & Wellness

- 28. Anatomy
- 29. Bluemercury
- 30. JETSET Pilates®
- 31. Mimi Yoga
- 32. Sana Skin Studio
- 33. SkinCeuticalsSkinLab
- 34. The Well Club (Coming Soon)

### Markets

- 35. Coconut Grove's Farmer's Market
- 36. Coconut Grove Foodie & Farmers Market
- 37. Grove Grocer
- 38. Vizcaya Village Farmers Market
- 39. Fresh Market

### Hotels

- 40. Mayfair House Hotel & Garden
- 41. Mr. C Miami • Bellini
- 42. The Mutiny Hotel
- 43. The Ritz-Carlton Coconut Grove

### Nature & Parks

- 44. The Barnacle Historic State Park
- 45. David T. Kennedy Park
- 46. Kirk Munroe Park
- 47. Kenneth M. Myers Bayside Park
- 48. Peacock Park
- 49. Regatta Park

### THE WELL Sales Gallery

- 50. 2640 S Bayshore Dr #101

# Shopping



## Agua Bendita Coconut Grove

3444 Main Hwy, #4  
@aguabenditagrove

Agua Bendita offers dresses and swimwear handcrafted by Colombian artisans known for their embroidered and playful prints. All of Agua Bendita's artisans are moms who work from home, with a particular talent for the time-honored technique of hand-crafted embroidery.

## alice + olivia

3032 Grand Ave  
aliceandolivia.com

New York native Stacey Bendet founded alice + olivia in 2002 with the quest to create the perfect pair of pants. The brand was an immediate success, and shortly after its launch, Theory's founder Andrew Rosen joined as a partner. Since then, the company has grown into a renowned lifestyle brand, including ready-to-wear, gowns, shoes, handbags and accessories, all while empowering women with a company run by women, for women.





### Amable Bridal

3096 Fuller St, #12  
amablebridal.com

A luxury bridal boutique featuring unique curated pieces that represent traditional silhouettes with nontraditional details, a brand for the fashion-forward woman.

### Books & Books

3409 Main Hwy  
booksandbooks.com

An outpost of the Books & Books flagship in Coral Gables, with an open, community atmosphere, serious commitment to reading and friendly, knowledgeable staff. The two-story shop houses a large collection of bestsellers, independent titles and books on sale, along with impressive sections dedicated to children's literature, the arts and philosophy. The store also hosts appearances by local and national writers, as well as poetry and theater.

## Brilliant Earth

3008 Grand Ave, #4  
brilliantearth.com

Brilliant Earth is revolutionizing the way jewelry is sourced, crafted, sold and worn, cultivating a more transparent, sustainable, compassionate and inclusive jewelry industry. The collections are created by an award-winning team of San Francisco-based designers and crafted by artisans with masterful attention to detail. Each aspect of Brilliant Earth's jewelry is ethically developed, from sourcing through the final product, never compromising between quality and conscience.

## Celestial Treasures

3444 Main Hwy, Unit 3  
celestial-treasures.com

Outside the doors of Celestial Treasures, incense permeates the air. Inside, a collection of aromatherapy oils, jewelry, crystals, Buddha statues and more are on offer, along with guided meditations, aura cleansings and astrological readings.



## CocoWalk

2675 S Bayshore Dr  
cocowalk.com

A unique urban village in the center of Coconut Grove, CocoWalk is a different kind of space for a different kind of neighborhood. Inspired by tropical gardens and lush surroundings, Cocowalk is designed to discover, explore and even make new things. A wild mix of independent boutiques, popular favorites and over 100,000 square feet of creative office space. Come hang out and chill out in one of Miami's most vibrant and innovative communities. It'll grow your mind.



COCOWALK  
Shops & Restaurants



Eva

Edward Beiner

Parking Garage

Coco  
WEEKLY  
COCOWALK

BOTANICO  
GIN & COCKHOUSE







## The Bazaar Project

2990 McFarlane Rd  
[thebazaarproject.com](http://thebazaarproject.com)

The Bazaar Project has a curated collection of home decor, fine jewelry and fashion, complemented by a warm, inviting café and bistro. The significantly expanded new location is arranged by four unique themes, with interiors reflecting the vibrant, unexpected colors elemental to the brand's chic maximalism.

## The Blonde Tulip

3390 Mary St, #136  
[theblondetulip.com](http://theblondetulip.com)

The Blonde Tulip offers custom floral design for individual and corporate clients, and is home to the Blonde Bistro, a coffee and espresso bar offering a diverse selection of salads, sandwiches and desserts.

## The Fashionista Consignment Boutique

3135 Commodore Plaza  
[shopthefashionista.com](http://shopthefashionista.com)

A chic, luxury consignment boutique and winning destination for fashion lovers, who'll find brands including Hermès, Dior, Emilio Pucci, Bottega Veneta, Balenciaga, Chanel, Chloe, Jimmy Choo, Manolo Blahnik, Christian Louboutin, Fendi, Gucci, Roberto Cavalli, Dolce & Gabbana and more.







## two : minds

2975 McFarlane Rd  
twomindsnyc.com

two : minds first opened in the heart of NYC's Meatpacking District with the goal of providing a welcoming, home-like atmosphere for all shoppers, and a mission to inspire and support our community with the best collections from all over the world. The two : minds team scours the globe for emerging designers and offers a curated collection of heritage brands.

## Unika

3432 Main Hwy  
@unikainthegrove

An independently owned boutique established in 1989, featuring casual summer clothing and accessories for men and women, as well as shoes, jewelry and candles. Offering both recognized brands and emerging designers, while catering to a wide spectrum of customers and price ranges.

## Warby Parker

3403 Main Hwy  
warbyparker.com

The Grove location of the national eyewear chain offers eyeglasses and sunglasses for men, women and children with a signature fun, youthful look. Highlight: Warby Parker's website invites customers to try on up to five frames at no charge.



# Eat & Drink





“To eat is a necessity, but to eat intelligently is an art.”

– François de La Rochefoucauld, French author

We believe that eating nutritiously is a daily gift you give to yourself. To ensure your plate is fresh and full of nutrients, we recommend seeking out local, organic and sustainable ingredients whenever possible, emphasizing wild-caught, grass-fed or pasture-raised options when it comes to proteins.

We also believe that consuming food joyfully and mindfully is what's best for your mind, body and spirit — and know that sometimes the meals you choose to enjoy won't meet every standard we'd normally set when it comes to ingredients, sourcing and preparation.

Below is a list of local restaurants in and around Coconut Grove showcasing the wide range of cuisines and service styles the neighborhood has to offer, with a few spots highlighted where you're most likely to find some of THE WELL-aligned options on the menu.

LEGEND

-  MICHELIN Star
-  MICHELIN Green Star
-  Bib Gourmand
-  Vegan
-  THE WELL Recommended
-  Dogs Welcome

## Aida Mexican Seafood

3306 Mary St  
[aidarestaurant.com](http://aidarestaurant.com)

Traditional Mexican flavors with the finest, fresh-caught seafood and locally sourced ingredients. Inspired by the diverse coastal regions of Mexico, the menu offers carefully curated, exceptionally prepared dishes that stay true to Mexican heritage.

## Amal

3480 Main Hwy #100  
[amalmiami.com](http://amalmiami.com)

A modern Lebanese restaurant with a new perspective on long-held traditions. Executive Chef Wissam Baki offers a vibrant menu featuring a unique selection of shareable dishes that embrace Lebanon's traditional spices and coastal flavors while infusing new culinary vision into classic flavors. Amal is a celebration of Lebanon's most beloved dishes, prepared using fresh, locally sourced and imported ingredients.





## Ariete 🍷

3540 Main Hwy  
arietecoconutgrove.com

At MICHELIN-starred Ariete, Chef Michael Beltran's "New American-meets-New World" cuisine includes rave-worthy pastrami-style short ribs, croquetas with smoked head cheese, and venison tartare with black-garlic aioli and pickled mushrooms. Beltran, a Miami native, opened the restaurant in 2016 after working alongside some of the city's finest chefs.

## Atchana's Homegrown Thai 🌿 🍷

3194 Commodore Plaza  
atchanas.com

Atchana's owner, Atchana Capellini, and executive Chef Pat Chuaindhara hail from families of South Florida restaurateurs and work from recipes given to them by their parents. The menu skews traditional, but as the restaurant's name suggests, it emphasizes locally grown herbs and locally caught seafood.

## bartaco

3112 Commodore Plaza  
bartaco.com

A beloved destination for inventive and classic tacos and small plates, using fresh, local ingredients — all in a fun, modern, family-friendly setting.

## Bayshore Club

3391 Pan American Dr  
bayshoreclubmiami.com

Standout seafood in an elegant, engaging setting. Raw bar, small plates, a wide selection of fresh-caught fish and seafood, signature house specials, custom cocktails and curated wine list. Set on Dinner Key, a historic site originally an island and connected to the mainland in 1914. Dinner Key received its name for its reputation as a beautiful picnic stop while traveling by boat along the coastal waters of the city.

*A Word on Wellness — Eat mindfully.*

*Whether you're enjoying tacos at bartaco, risotto at Bellini or a doughnut at The Salty, make an effort to practice mindful eating by taking 3 deep breaths before beginning your meal to activate your parasympathetic nervous system, and chewing your food thoroughly to maximize digestion and absorption.*



## Bellini

2988 McFarlane Rd  
bellinirestaurant.com

Approachable, fun and inviting, the rooftop Bellini Restaurant and Bar reflects extensive travels across Italy by owners Maggio and Ignazio Cipriani. Dishes combine their family's time-honored traditions with delectable recipes from different regions.

## Bianco Gelato

3137 Commodore Plaza  
biancogelato.com

Small-batch gelato made using local, sustainably sourced ingredients, with both vegan and sugar-free options. Also serving a selection of sorbet, popsicles, milkshakes, smoothies, organic brownies and cookies, and coffee and tea.

## Bombay Darbar Indian Restaurant 🌿

2901 Florida Ave  
bombaydarbar.com

Authentic, exceptional Indian cuisine in a refined modern setting, offering traditional, diverse regional dishes and a standout mixology program.

## Bodega Taqueria y Tequila 🌿

3419 Main Hwy  
bodegataqueria.com

Founded in South Beach in 2014 by Menin Hospitality's Keith Menin and Jared Galbut, Bodega Taqueria y Tequila offers Mexican street food along with an immersive nightlife experience featuring award-winning cocktails and tequilas and late-night DJ sets. Embracing the spirit of a traditional taqueria with a contemporary twist, Bodega Taqueria's accolades include recognition from GQ and InStyle, among others.

## Botánico Gin & Cookhouse

3015 Grand Ave  
botanicomiami.com

Botánico Gin & Cookhouse features contemporary fusion cuisine, a full bar and a special focus on botanically infused gin cocktails. Over 150 gins are on offer, along with a superb wine cellar boasting the largest selection in Coconut Grove. Botánico also serves a family-style menu of plates to share, along with delicious locally baked indulgences.

## Calista Cafe

3333 Rice St  
calistacafe.com

A robust menu of classic Greek fare and mezze selection prepared using sustainably sourced ingredients from local farmers' markets. Calista is best known for its housemade moussaka — the Greek version, of course — potato-based, prepared with ground beef and layered with bechamel.



## Carbone VIno

2911 Grand Ave #194  
carbonevino.com

From Major Food Group and Chef Mario Carbone, a new brand of famed Italian cuisine and legendary vibe has arrived in the heart of Coconut Grove. Offering a menu that includes all of the restaurant's signature dishes, an exciting collection of new additions and an exceptional wine program that gives guests the opportunity to enjoy fine and rare wines by the glass. In addition, a striking bar serves the full menu and even welcomes walk-ins.

## Carrot Express

2982 Grand Ave  
carrotexpress.com

A fast casual option that's healthy and nutrient-rich, with a creative, extensive menu focused on natural, high-quality ingredients.

## Casa Xabi

3145 Commodore Plaza  
casaxabi.com

A contemporary interpretation of traditional Basque dishes, featuring a selection of small plates (jamón ibérico, roasted octopus), alongside signature regional fare including rice with seafood and exquisitely prepared meat and fish.



## Chug's Diner

3444 Main Hwy, #21  
chugsdiner.com

Owned by chef Michael Beltran of Ariete, this self-described "Cuban diner" is a MICHELIN-starred haven of comfort food serving breakfast, lunch and dinner. The innovative menu includes a medianoche sandwich made with duck confit, a peanut-butter-and-jelly pastelito and a delicious short-rib croqueta. Desserts include cajeta-and-goat-cheese flan and seasonal pies.



Danielle Gelato

## Danielle Gelato

3444 Main Hwy, #2  
daniellegelato.com

True artisanal gelato for more than 45 years, using multi-generational family techniques. Danielle offers a sublime selection of classic and Italian flavors—committed to keeping the tradition of handmade gelato alive.

## Emissary Café

3308 Mary St  
emissarycafe.com

The established Washington, DC brand Emissary Café & Bar has made its Miami debut. Set in a Carlos Touzet-designed building in the heart of Coconut Grove, the bar and all-day café serves thoughtfully prepared dishes using organic, seasonal and carefully sourced ingredients. Emissary is especially known for its Counter Culture coffee and espresso program and curated beer and wine list. Overall, an effortless, convivial experience with exceptional food, warm service and community energy.

## Eva and The Oyster Bar

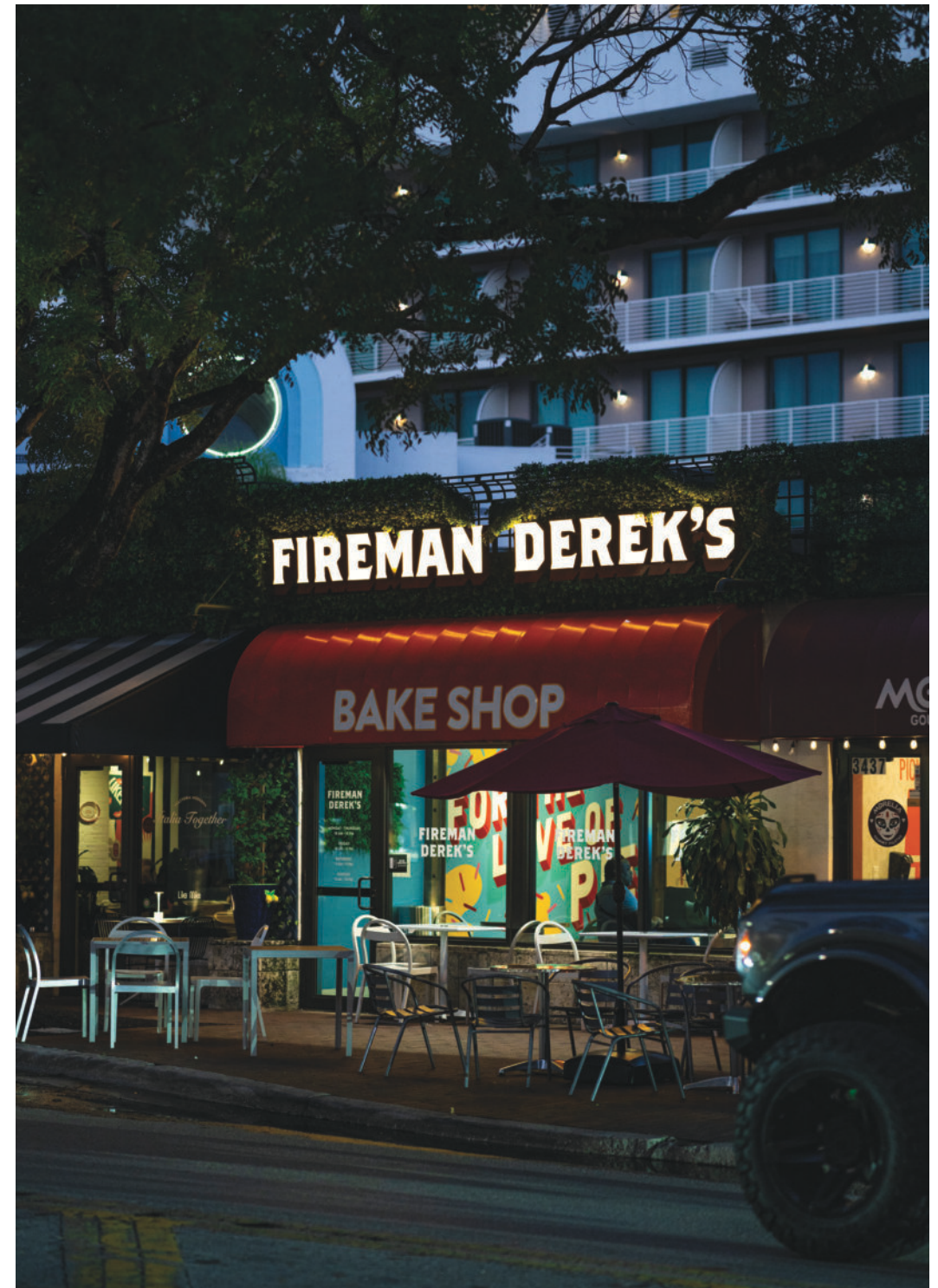
3015 Grand Ave, #120  
[evacoconutgrove.com](http://evacoconutgrove.com)

Eva's award-winning chefs & restaurateurs, Michael Beltran and Executive Chef Ashley Moncada, bring impeccably prepared Mediterranean bistro fare in a charming setting to Coconut Grove. Featuring a superb menu of mezze and simply prepared, locally sourced fish and meat alongside a selection of craft cocktails and curated wine selection. Eva's neighboring Oyster Bar is a Caribbean-inspired seafood and cocktail bar, with a classic raw bar, delicious small plates and extensive mixology program.

## Fireman Derek's Bake Shop

3435 Main Hwy  
[firemandereks.com](http://firemandereks.com)

A family-owned bakery specializing in pies, cakes, cheesecakes, cookies and one-of-a-kind desserts, founded by a former Miami firefighter, Division 1 football player and naturally talented, self-taught baker with a love for pie. Everything is baked in-house, using fresh, locally sourced, high-quality ingredients.





Glass &amp; Vine

## Fountain Lounge at The Mayfair

3000 Florida Ave  
mayfairhousemiami.com

An intimate cocktail experience showcasing small-batch spirits and unique local ingredients, transformed from a 1980s garden fountain, with cocktails served from a former elevator car, reimagined in the one-of-a-kind bar.

## Glass & Vine 🍷

2820 McFarlane Rd  
glassandvine.com

Located in Peacock Park, Glass & Vine features the imaginative recipes of Giorgio Rapicavoli, chef-owner and winner of the Food Network's Chopped, with delicious, inventive brunch, lunch and dinner menus. Also featuring a curated cocktail menu and regular happy hour.

## GreenStreet Café 🌿🍷

3468 Main Hwy  
greenstreetcafe.net

The lively, bustling GreenStreet Café is open for breakfast, lunch and dinner, serving omelettes with French toast, burgers, pasta and salads, and a dinner menu featuring braised short ribs, Scottish salmon and more. Indoor & outdoor seating, late-night menu.



## Harry's Pizzeria

2996 McFarlane Rd  
[harryspizzeria.com](http://harryspizzeria.com)

Harry's is part of James Beard Award winner Michael Schwartz's South Florida Genuine Pizza chain, which offers classic margherita pies alongside imaginative, creative toppings including short-rib, kale and rock-shrimp.

## Isabelle's Grill Room & Garden

3300 SW 27th Ave  
[isabellescoconutgrove.com](http://isabellescoconutgrove.com)

Located in The Ritz-Carlton, Isabelle's is a timeless institution with a lovely terrace and refined global menu. Next door, the vintage charm of the neighboring Commodore Cocktail Club lends even more character to the idyllic setting. Indoor & outdoor seating, reservable for private events.



## Jaguar Latin-American Kitchen

3067 Grand Ave  
[jaguarrestaurant.com](http://jaguarrestaurant.com)

Traditional, regional Peruvian, Mexican and Venezuelan cuisine, with an outstanding selection of ceviches, ordered by the spoon or as a larger plate. Jaguar also offers happy hour and house specials, with brunch on weekends.

## Juicense

2992 McFarlane Rd  
[juicense.com](http://juicense.com)

Juicense offers an extensive selection of fresh organic juices, smoothies and nutrient-rich superfoods designed to help maintain a balanced, healthy lifestyle.



## Koko by Bakan

2856 Tigertail Ave  
[kokobybakan.com](http://kokobybakan.com)

Nestled in the natural tree canopy of Coconut Grove, a 170-seat restaurant serving regional dishes from across Mexico. Featuring an open-view kitchen, house-made tortillas and more than 400 mezcals and tequilas on offer.







## Krüs Kitchen ☘

3413 Main Hwy  
[kruskitchen.com](http://kruskitchen.com)

Chef Sebastián Vargas, whose resumé boasts MICHELIN-starred restaurants Osteria Francescana in Italy, Eleven Madison Park in New York City, and Fäviken Magasinet in Sweden, is at the heart of yet another MICHELIN Guide institution: Krüs Kitchen, serving locally sourced vegetable bowls, salads, sandwiches and more — each interpreted by Vargas' broad worldview and extensive knowledge of ingredients from across the globe. The restaurant's rotating evening menu brings a fresh, dynamic energy to each experience at Krüs, combining Chef Sebastián's imagination, consciously curated ingredients and Miami's unique energy to every dish.

## La Louvière Chocolatier

3119 Commodore Plaza  
lalouvierechocolatier.com

La Louvière represents half a century of artisanal excellence, each and every praline the result of time-honored technique and unwavering dedication to every detail — crafted in Belgium with a steadfast commitment to artisanal traditions, using only the finest sustainable cocoa. La Louvière's master chocolatiers artfully create fillings with exceptional ingredients, sourced from exceptional raw materials and prepared in-house. Pralines are meticulously hand-finished, each piece a work of art.

## Le Bouchon du Grove

3430 Main Hwy  
lebouchondugrove.net

Serving French cuisine to Coconut Grove since 1994 and helmed by chef Christian Ville, Le Bouchon takes inspiration from Lyon's celebrated restaurants. The intimate space offers a rich and varied dinner menu, with dishes including roasted snapper with Niçoise ratatouille, pan-seared beef filet au poivre and duck confit among many others. Also serving breakfast and lunch.

## Le Specialita Café

2655 S Bayshore Dr  
lespecialitamiami.com

Located within the elegant Mr. C Residences Coconut Grove, Le Specialita Café & Market was created by Maggio and Ignazio Cipriani, members of the Cipriani family's fourth generation. Le Specialita serves a menu of rustic Italian cuisine from a variety of regions in a refined and timeless setting, with options to dine in or shop from the excellent market.





Level 6

## Level 6

3480 Main Hwy, 6th floor  
level6miami.com

Level 6 offers a modern and urban twist on Spanish cuisine, influenced by global culture and embracing the bounty of Florida's exceptional natural bounty from land and sea, offering a tapas menu followed by larger plates for sharing. The bar menu at Level 6 is overseen by the restaurant's expert mixologists, with a diverse list of local fruit and botanically infused cocktails, and an extensive wine collection with a particularly impressive wine menu featuring vintage and grower champagne as well as varietals from emerging winemakers.

## Like Mike Restaurant

3433 Main Hwy  
likemikerestaurant.com

Born in Coconut Grove, established to bring the original flavors of the Amalfi Coast to Miami. Like Mike's menu features a variety of traditional regional dishes, including select recipes curated by Italian MICHELIN-starred Chef Luigi Salomone, lending a thoughtful, contemporary interpretation to classic plates.

## Lokal 🍷

3190 Commodore Plaza  
kushhospitality.com

Restaurateur Matt Kusch (owner of nearby Spillover and Vicky's House) features classic burgers prepared with Florida-raised, grass-fed beef, its signature topped with honey, arugula, red onions, tomatoes and avocados. In addition to the classics, Lokal offers playful dishes, such as the My Childhood Dream burger, served within the halves, and vegetarian options. Dogs welcome on the patio.



Level 6



## Los Félix Miami ☘ ☘

3413 Main Hwy  
[losfelixmiami.com](http://losfelixmiami.com)

Recent recipients of The Slow Food Snail of Approval Award, a recognition given to restaurants making commitments to their environment, local communities, employees and purveyors, Los Félix honors indigenous techniques by supporting Milpa farming. Milpa is an ancestral Mesoamerican tradition of cultivating the soil with awareness of the sacred connection between self and land. The menu shines a spotlight on native ingredients including heirloom corn, cacao, chiles and squash. The in-house molino at Los Félix cooks and grinds maiz daily to make in-house tortillas from scratch. A carefully curated wine selection showcases small, family-owned vineyards that honor the land by using natural and biodynamic methods. Evenings at Los Félix give way to the sounds of vinyl and live DJs — a modern, nostalgic one-of-a-kind vibe.



## Mayfair Grill at the Mayfair Hotel

3000 Florida Ave  
mayfair-grill.com

An open-hearth kitchen, garden café and Fountain Bar nestled in the iconic Mayfair House Hotel & Garden, serving classic, locally sourced wood-fired cuisine in a menu of expertly grilled dishes infused with flavors from across the Sonoran Desert. The open-plan kitchen connects to courtyard seating among the hotel's lush gardens and cascading fountain, with the lively Coconut Grove neighborhood beyond.

## Meraki Greek Bistro 🍷

3462 Main Hwy  
merakidowntown.com

Traditional Greek cuisine in a bright, cozy setting, offering classic mezze, house-made gyros and a diverse selection of fish and seafood, all thoughtfully prepared with locally sourced, organic ingredients.

## Midorie

3444 Main Hwy  
midoriemiami.com

Envisioned by restaurateur and art aficionado Álvaro Pérez Miranda, Midorie honors Japanese culinary traditions in a refined, fast-casual menu of donburi, omakase and à-la-carte sushi and sashimi, using the freshest, locally sourced seafood and ingredients. Midorie's open-all-day setting is quiet and serene, with indoor and outdoor seating for up to 22 guests — ensuring an intimate, memorable experience. Midorie also features shidashi, curated dining experiences for up to 12 people.



## Mister OI Pizza

3015 Grand Ave, #165  
mistero1.com

Pizza that's serious about pizza. Locally sourced and the finest imported ingredients are the hallmarks of Chef Renato Viola's artisanal pizzas, prepared with a delicate thin crust and light, delicate dough, with each batch resting a minimum of 72 hours to achieve its full texture and flavor.

## Morelia Gourmet Paletas

3437 Main Hwy  
paletasmorelia.com

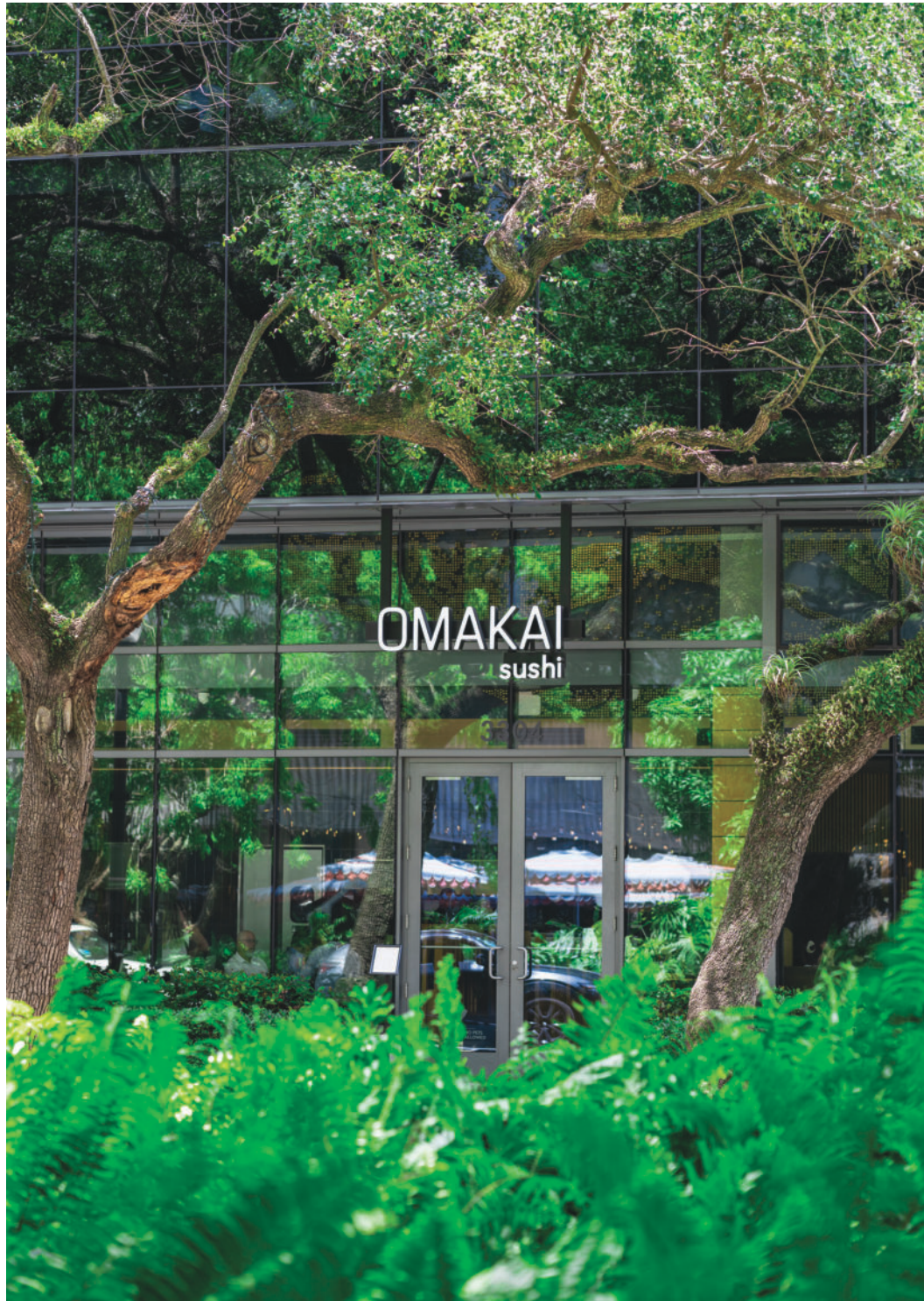
Gourmet, handmade ice pops produced in small batches using local, 100% natural ingredients, prepared daily from scratch. Flavors include S'Mores, Belgian Chocolate with Baileys, Acai with Banana Sorbet, Sicilian Pistachio, Dulce de Leche, Greek Yogurt and Berries and more.

## Narbona

3015 Grand Ave, #11  
coconutgrove.narbona.com

Founded in Uruguay, Narbona is an Italian trattoria, market and wine cellar serving a diverse menu of seafood, pizza, pasta, soups, salads and more. Narbona strikes an ideal balance of a convivial, open-kitchen setting with an artisanal market and elegant atmosphere, offering an impeccably curated selection of imported jams, olive oil and more Italian specialties. Multiple locations across South Florida, now in Coconut Grove.





## Navi Coffee & Flower

3000 Florida Ave  
navimiami.com

A charming florist and café named after the founder's mother, Navideh, also the head floral designer, whose extensive experience in bespoke and private events results in stunning, refined arrangements in a warm, relaxed setting—with excellent coffee.

## Panther Coffee

3407 Main Hwy  
panthercoffee.com

Born in Wynwood in 2010, Panther Coffee's husband-and-wife owned business roasts its coffee using cast-iron machines from 1927. Serving single-origin and craft blends, Panther brews beans from Bolivia, Guatemala, Haiti, Ethiopia and Peru, among other countries. Also serving beer and wine.

## OMAKAI sushi

3304 Mary St  
omakai.com

Founded in 2019 by brothers Diego and Pedro Quijada, along with friend Nicolas Sayavedra and acclaimed Chef Aaron Pate — OMAKAI provides an outstanding spot for “entry-level omakase” with three plentiful, well-priced options. Nigiri tastings are served platter-style rather than individually, in addition to a menu of hand rolls, specialty appetizers, locally sourced seasonal fish and an extensive menu of beer, wine, craft cocktails and sake. Additional locations in Wynwood and Aventura.

## Planta Queen

3015 Grand Ave, #201  
[plantarestaurants.com](http://plantarestaurants.com)

Led by founder Steven Salm and co-founder David Lee (Executive Chef), PLANTA was born in 2016 to expand the accessibility of plant-based dining with a premier collective of 100% plant-based restaurants in multiple locations across the US and Canada. PLANTA reimagines fresh, locally sourced ingredients to offer delicious, seasonal plant-based dishes. PLANTA's Coconut Grove location features a rooftop garden that supplies many of the fresh fruits and vegetables used in their dishes.

## Pura Vida

3000 Grand Ave

An all-day café serving delicious and nutrient-rich dishes for all. Created by husband and wife team Omar and Jen Horev as a place for friends and family to gather, share meals and build community, designed as an extension of the Horev's own home. Multiple locations across Miami, now open in Coconut Grove.





## RedFarm

3131 Commodore Plaza  
[redfarmnyc.com](http://redfarmnyc.com)

Joe Ng's menu at RedFarm takes a pure, fresh approach to Chinese cooking, bringing a green market sensibility to modern Chinese food and dim sum. Signature plates include artful dumpling creations for which Ng is known, as well as small starters including signature yuzu wasabi shrimp and mushroom spring rolls. Modern takes on classic dishes include an excellent marinated rib steak and spicy steamed sea bass.

## Sadelle's

3321 Mary St  
[sadelles.com](http://sadelles.com)

Sadelle's is a modern ode to New York's classic tradition of all-day dining. Since opening its first location in the heart of SoHo in 2016, the brand has reached iconic status thanks to its refined, celebratory atmosphere and a menu of popular dishes that have earned Sadelle's numerous accolades. Sadelle's was named an essential brunch destination by Harper's BAZAAR and Cosmopolitan, with its sticky buns ranked one of the Best Dishes of 2015 by The New York Times. Location in New York, Las Vegas, Miami, Paris, Boca Raton and Dallas.

# SADELLE'S

FRESH COFFEE  
*Sadie's*  
HOT BAGELS

SADELLE'S



“Everything in moderation, including moderation.”

– Oscar Wilde, Irish poet and playwright

## Salt and Straw 🍷

3015 Grand Ave, #145  
[saltandstraw.com](http://saltandstraw.com)

Meticulously prepared house-made ice cream from scratch using fresh, locally sourced ingredients and unwavering attention to every detail. Offering classic flavors along with a rotating series of new inventions, seasonal and other specialties, nationwide delivery and boutique storefronts that “bring people together over a scoop.”

## Sapore di Mare

3111 Grand Ave  
[saporedimaremiami.com](http://saporedimaremiami.com)

Nautically-inspired, airy and bright, an Italian trattoria with a small but exceptional menu of meticulously prepared seafood and pastas. For carnivores, Sapore di Mare also features grilled lamb chops and a 26-oz cowboy steak.





## Sereia ☼

3540 Main Hwy  
sereia.miami

Portugal's Henrique Sá Pessoa, top-celebrated chef and owner of two-MICHELIN-starred restaurant Alma, brings his first US venture, also MICHELIN-starrred, to Coconut Grove. Sereia is a modern, seafood-forward restaurant inspired by the Iberian coast and Sá Pessoa's travels, combining flavors from Portugal's rich culinary history with Sá Pessoa's lifetime of experience working in some of the best restaurants worldwide. Sereia features cuisine with depth, using the finest local and imported ingredients and thoughtful, innovative technique, showcasing a variety of imported and local catches, including Carabineiro (Scarlett Prawn) found in Algarve in Southern Portugal, along with Cataplana, a traditional fish stew, Bacalau a Brás, a signature Sá Pessoa dish prepared with salted cod and fried potatoes, and standouts including the Pica Pau com Pickles and Arroz de Pato. Also featuring a crudo bar with a curated tasting menu and a selection of Chef Henrique's signature Portugese tapas (petiscos).



## Strada in the Grove

3197 Commodore Plaza  
[stradainthegrove.com](http://stradainthegrove.com)

An Old World Italian pizzeria that uses wood-burning ovens to create an extensive selection of classic (Napoletana, Parma, Cremosa) and white pizzas, with toppings that include ossobuco, Alaskan smoked salmon, and octopus. Brightly lit and lively, with a popular happy hour and excellent wine list.

## Sushi Garage

3015 Grand Ave  
[sushigarage.com](http://sushigarage.com)

Japanese cuisine with traditional roots, excellent ingredients, and meticulous execution, focused on refined simplicity in every element. Featuring fresh sashimi and nigiri, with a selection of inventive small plates and rolls in a sleek, minimal setting.

## Sushi by Scratch

3540 Main Hwy  
[sushibyscratchrestaurants.com](http://sushibyscratchrestaurants.com)

MICHELIN-starred, highly inventive omakase from chefs/owners Phillip Frankland Lee and Margarita Kallas — featuring a menu of nigiri infused with original flavors (sweet corn), hamachi coated in sourdough breadcrumbs and classic pairings enriched with house-fermented soy sauce. The iconoclastic energy extends to the mixology program, including cocktails, sake and beer.



Strada in the Grove





The Allocation Room / Photo Credit: Amoretto Ashley



## Sweetgreen Coconut Grove 🌿

3015 Grand Ave, #140  
[sweetgreen.com](http://sweetgreen.com)

An outpost of the hugely popular and legitimately well-sourced, healthy, fast casual spot, with salads, grain bowls and more made to order using the freshest organic ingredients.

## The Allocation Room

3540 Main Hwy  
[theallocationroom.com](http://theallocationroom.com)

For wine lovers and connoisseurs, an expertly curated wine and sake selection offered at Allocation's charming bar and lively tasting tables, or to take home to enjoy. Led by sommelier and sake navigator Adrian Lopez, whose knowledge of both classics and new discoveries enrich and broaden the experience, with an expansive selection of Old and New World labels from across the globe and more than 800 wine and sake bottles on display.

## The Last Carrot 🌿

3133 Grand Ave  
[thelastcarrot.getsauce.com](http://thelastcarrot.getsauce.com)

A juice bar and health-food counter in The Grove for more than 40 years, offering a simple, healthy menu of whole-wheat pita sandwiches, house-made hummus, salads, smoothies and sandwiches, with a variety of smoothies custom-made to order.



The Salty



Varsol



# Local Markets



## Sprouts

2750 SW 27th Terrace, #102  
[sprouts.com](http://sprouts.com)

Sprouts Farmers Market is designed to be everything there is to love about farmers' markets, open seven days a week, rain or shine. Their specialty storefront offer fresh, locally sourced ingredients — Sprouts is especially known for the freshest seasonal produce in the area.

## Milam's

2969 SW 32nd Ave  
[milamsmarkets.com](http://milamsmarkets.com)

A local, family-owned, full-service supermarket in operation since 1984, offering an exceptional variety of the highest quality products and ingredients.

## Coconut Grove Organic Farmers Market

3300 Grand Ave

An extensive selection of fresh organic fruit, vegetables, grains, seeds and raw vegan foods at Glaser Farms' Coconut Grove Organic Farmers Market, Saturdays from 10 AM to 7 PM on the corner of Grand Avenue and Margaret Street. In addition to a wide variety of locally sourced organic products, you'll find rare fruits including durian and jaborcaba, as well as a diverse selection of prepared foods. The market also features an assortment of local vendors selling locally made sweets, fermented products, handcrafted goods, apparel, plants and more.





*A Word on Wellness — Experience the local community at a farmers market.*

*- Saturday: Coconut Grove Farmers Market*

*- Sunday: Vizcaya Village Farmers Market*

## Coconut Grove Foodie & Farmers Market

2750 McFarlane Rd

Combining a love for great food and locally-sourced produce, the Coconut Grove Foodie & Farmers Market offers a variety of cuisines made from fresh, organic ingredients. Offering a menu that spans gourmet meals to street food in addition to numerous stalls selling local produce, artisanal goods and handmade crafts.

## Grove Grocer

3098 Fuller St, #11

@grove.grocer

A family-run boutique local grocer offering a thoughtful selection of local and international ingredients, fresh organic produce, prepared foods, house-baked sweets and more.

## Vizcaya Farmers Market

3250 S Miami Ave

[vizcaya.org/farmersmarket](http://vizcaya.org/farmersmarket)

A delightful farmers market at Vizcaya's historic farm and village, where every Sunday, local vendors offer fresh fruit and vegetables, homemade baked treats and hand-crafted goods. Vegan options available. The market is open rain or shine, every Sunday from 9 AM to 2 PM.



# Health & Fitness



## Anatomy

3363 Pan American Dr  
[anatomyfitness.com](http://anatomyfitness.com)

Anatomy is a collaboration among fitness, sports science and nightlife veterans that embodies the future of fitness, with proprietary programming influenced by sports performance and the science of strength conditioning, so that members can excel in all aspects of their lives. Offering a variety of membership packages, group classes, personal training and more.

## Infinity Beyond Fitness

3015 Grand Ave, #216  
[infinitybeyondfitness.com](http://infinitybeyondfitness.com)

A transformative combination of workouts, pre- and post-exercise recovery treatments, nutrition guidance, and community support. Infinity features workout classes and personal training for all levels, Variable Intensity Interval training (VIIT) and more. Workouts are designed to increase lean muscle mass and supercharge the metabolism, complemented by complete nutrition consultations and individually customized plans.







## Sweat440

3315 Rice St  
sweat440.com

Sweat440 is a fitness studio tailored for convenience and inclusivity, with 40-minute workouts designed to maximize efficiency. Classes start every 10 minutes, making it easy to fit a session into any schedule. The studio promotes a welcoming, community-oriented atmosphere with supportive coaches ensuring workouts are approachable for all fitness levels. Sweat440 is perfect for staying active and achieving goals without compromising your busy lifestyle.

## Tremble Pilates

2675 S Bayshore Dr, #300  
makeittremble.com

A high-intensity, low-impact, heart-pumping full-body workout that combines the best of strength training, cardio and Pilates-inspired movements, all in one session on reformers. TREMBLE focuses on full-body functional movements centered around the core that help increase mental and physical strength. Classes are conducted in a refined boutique setting, with groups limited in size to give each participant individual attention. A collection of curated playlists ups the energy level and keeps you going.



A close-up photograph of a person's hands using a glass dropper to apply liquid from a small, dark glass bottle. The person's face is partially visible in the background, looking towards the camera. The lighting is warm and focused on the hands and the dropper. The text "Wellness & Beauty" is overlaid in a white, serif font in the upper right quadrant of the image.

Wellness  
& Beauty

## Aesop

2994 McFarlane Rd  
aesop.com

Established in 1987 and headquartered in Melbourne, Aesop offers skin, hair and body care formulations sourced from the country's most reputable suppliers, then married with optimized technology and long-established scientific practices. Aesop is committed to formulating skin, hair and body care products of the finest quality, investigating widely to source plant-based and laboratory-made ingredients, using only those with a long proven record of safety. In each of their unique stores, informed consultants are on hand to introduce the Aesop collections and offer suggestions.

## Blue Mercury

3015 Grand Ave  
bluemercury.com

A leading retailer of luxury beauty, skincare and spa services. Designed as a haven for beauty aficionados in 1999, the brand now offers an impeccably curated collection from among the world's most exclusive brands. As pioneers of a client-first approach that emphasizes hyper-personalized beauty conversations and consultations, Blue Mercury has become a coveted destination across the world.



## Ela Salon

2901 Florida Ave, #805  
elasalon.com

Envisioned by Marianela Duran and nestled in the heart of Coconut Grove, Ela Salon is committed to offering an extensive menu of unparalleled services, including color and styling, manicure/pedicure and esthetician services — using the latest techniques and technology, in a creative, tranquil environment.

## Ugo Di Roma Salon & Day Spa

2801 Florida Ave  
ugodiroma.com

Ugo Di Roma is a full-service salon and spa in Miami offering an extensive list of services including hair styling, color, highlights, extensions, facials, body treatments, waxing, manicure, pedicure, massage, aromatherapy and many others.

## Sana Skin Studio

2810 Oak Ave, #106  
sanaskinstudio.com

A skincare salon known for its “goal-driven” customized facials, guidance from experts who will help you better understand and take care of your skin every day, as well as a curated collection of wellness, skincare, body and hair products.

## SkinLab by Barba Skin Clinic

3015 Grand Ave, #212  
skinlabmiami.com

An integrated approach to skincare, SkinLab combines advanced skin diagnostics, signature facials, and aesthetic treatments, all overseen by board-certified dermatologist Dr. Alicia Barba using state-of-the-art clinical skincare, personalized by the brand's skin experts for individual needs. SkinLab starts with an essential diagnostic consultation, which helps determine underlying skin issues before they begin to cause problems and allows the team to create a customized facial plan for each patient. Services include signature facials and peels, injectable treatments and skin rejuvenation, each designed to deliver results in under an hour.



# Hotels



## Courtyard Miami Coconut Grove

2649 S Bayshore Dr  
[marriott.com](https://www.marriott.com)

Among one of Marriott's numerous destinations, with 200 rooms, premium bedding, complimentary WiFi, cable programming, as well as complimentary skincare and beauty products in bathrooms and showers. A 5-minute drive to Coconut Grove Convention Center and Vizcaya Museum and Gardens.

## Mayfair House Hotel & Garden

3000 Florida Ave  
[mayfairhousemiami.com](https://www.mayfairhousemiami.com)

Mayfair House Hotel & Garden, award-winning icon of Coconut Grove that first opened in 1985, then reopened in September 2022. Embracing original architect Kenneth Treister's signature work of art that has transcended time, the hotel was lovingly transformed by New York-based studio Goodrich. Honoring the neighborhood's inherent artistic spirit, no two rooms at the Mayfair House Hotel & Garden are exactly alike, promising guests a new experience each time they visit.





Mayfair House Hotel & Garden

FLORIDA





### Mr. C Hotel Coconut Grove 🌿

2988 McFarlane Rd  
[mrccoconutgrove.com](http://mrccoconutgrove.com)

Nestled in the heart of Coconut Grove, the globally award-winning Mr. C Hotel offers a serene escape, marrying contemporary comforts with personalized, discreet service. Rooms and suites reflect a blend of modern amenities and classic elegance. Each room and suite is crafted to offer guests a tranquil retreat, with plush furnishings and panoramic views of stunning Biscayne Bay and the dynamic Coconut Grove skyline.



Mr. C Hotel Coconut Grove

## The Mutiny Hotel

2951 S Bayshore Dr  
[providentresorts.com](http://providentresorts.com)

Set on the bay near CocoWalk and Coral Gables, an upscale boutique condo-hotel with luxury amenities and all-suite privately owned accommodations. Overlooking Sailboat Bay, part of Biscayne Bay, the hotel offers dining, outdoor pursuits and nearby attractions for all ages and interests. An ideal destination to relax, unwind and take a few hours of beach time.

## The Ritz-Carlton Coconut Grove

3300 SW 27th Ave  
[ritzcarlton.com](http://ritzcarlton.com)

The Ritz-Carlton Coconut Grove reflects the independent and artistic spirit of the neighborhood through legendary service and timeless elegance. An urban retreat offering access to a vibrant community alive with culture, as well as the privacy and discretion of a boutique hideaway.





# Nature & Parks





David T. Kennedy Park

A Word on Wellness — Try walking backwards for a portion of your evening stroll.

*Hear us out: Research suggests that a backward stride can improve coordination and balance, boost mind-body connection and strengthen underused areas of the lower body — just remember to be careful and take it slow.*







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