

ZOOM for Everyone with Hope Foundation of South Florida

This ZOOM holistic meeting celebrates our lives. We are going to learn about ourselves: mentally, physically, and spiritually. Plus, learn about cooking, nutrition, good health, and recovery from NEWSTART Lifestyle Program all in our weekly ZOOM meetings or view them live on YouTube!

[Join Zoom Meeting](#)

Meeting ID: 873 9426 4597

Passcode: 678072

Each one is special.

Sing, laugh, learn, and praise God!

Share with us, questions answered.

Join us in an uplifting ZOOM meeting!

Safety issues you may face for example cyberbullying.

Morals taught, and how your goals can be achievable.

NEWSTART Lifestyle Program

Nutrition
Trust
Exercise
Water
Sunlight
Temperance
Air
Rest



“Impacting & effecting our community through education, material resources, referrals, and technical assistance to effect an improvement in the quality of life for individuals of middle and low class families.”

