



Lifelong Southend Resident Stephen Sylvester Files For Open City Commission Seat

Local neighborhood leader, collegiate professor, and small business owner, Sylvester, first to file

West Palm Beach, FL: On May 7, 2025, Stephen Sylvester, a lifelong West Palm Beach resident filed his intent to run for the West Palm Beach City Commission, District 5 seat. An open seat in 2026, District 5 is currently represented by Chrstitina Lambert who is term limited and is currently filed in the Mayoral election.

Born and raised in West Palm Beach, Sylvester has a long track record of volunteerism, community service, and local advocacy. A licensed paramedic, emergency medical technician, and physical therapist, Sylvester has focused his entire career on helping people heal and live healthy, meaningful lives. For over 20 years, Sylvester operated a small business in our community providing physical therapy to his patients. Today, he is an Associate Professor of Health and Human Performance at Palm Beach Atlantic University, a position he has held for nearly two decades.

“Since I was young kid playing with my friends nearly 50 years ago to today where I am raising my own children in the same neighborhood I grew up in, it’s been a blessing to call West Palm Beach home. I’ve volunteered with our local schools, served on the board of my neighborhood association, fought for better health and wellness across our community, and was appointed by our mayor to provide oversight on city environmental and water policy on the Watershed Committee. I’ve seen our city at its best times, and its worst. My historical knowledge, practical experience, and track record of community service have prepared me to be a Commissioner that will fight for our neighborhoods, support our residents, and ensure transparent, ethical service,” Steve Sylvester stated.

A Physical Therapist by trade, Licensed by the State of Florida, Sylvester is also a Licensed, Paramedic and Emergency Medical Technician. In addition to strength and conditioning and sports rehabilitation, Sylvester is a Certified Cancer Exercise Trainer and works with some of our community’s most at risk patients on their road to recovery. Sylvester’s history of volunteerism includes his work as a member and former President of the Rotary Club of Palm Beach, Arthritis Foundation Board of Directors, Leukemia & Lymphoma Society member, and American Red Cross.

Sylvester is on the Board of the South End Neighborhood Association and serves on the city of West Palm Beach’s Watershed Advisory Committee, a Mayoral appointment. As a concerned father with active children, and an avid biker and runner (completed 16 marathons to date), Sylvester worked with the city, neighborhood association, and residents on improving pedestrian safety and reducing traffic accidents along South Flagler Drive.

Sylvester brings a unique academic background and historical knowledge with practical experience that would serve our city well on the city commission. The election for City Commission District 5 is in March 2026.

Sylvester received his Doctor of Physical Therapy from Boston University and has a B.S in Physical Therapy from FAMU and a B.S. in Health Education from UF. Sylvester lives in our city's south end and is proud to be raising his two children in the same neighborhood he grew up in.

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Paid by Stephen Sylvester for City Commission