

January 27, 2025

DOH-Orange Hosts Free Cooking Classes

Contact:

Kent Donahue

Kent.donahue@flhealth.gov

407-858-1418



Orlando, Fla. – The Florida Department of Health in Orange County (DOH-Orange), in partnership with Hebni Nutrition Consultants, invites the community to join free in-person and virtual cooking classes.

The English language classes are scheduled on February 6, 8, and 20, 2025, and the Creole language classes are scheduled on March 6, 13, 20, and 27, 2025. Each class is led by a registered dietitian.

The in-person classes will be held at the following location:

**Central Health Center, Building #1
901 W. Church St.
Orlando, FL 32805**

For registration and information on the cooking classes, contact Aixa Gonzalez at 407-872-1333, ext. 107 or aixa@hebninutrition.org.

Participants will receive a cooking spoodle utensil, portion control plate, and an apron.

###

About the Florida Department of Health

The Department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on X at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit FloridaHealth.gov.