

Florida Department of Health in Collaboration with **HEBNI** Presents:

Classes will
be held at:

901 W. Church
Street,
Orlando, FL
32805,
fourth Floor

FREE

COOKING CLASS

**IN PERSON
CONVERSATION**

**VIRTUAL
COOKING CLASS**

**IN PERSON COOKING
CLASS
(LUNCH INCLUDED)**

GIVEAWAY!



Spoodles



Portion control
plate



apron

Chance to
win a
FREE
Air Fryer!



IN 3 DIFFERENT LANGUAGES



**COMIDA
HISPANA
SALUDABLE**

Español

Con Celines Martinez
RD LDN

**CONVERSACIÓN
EN PERSONA
1/9/25
JUEVES
12PM-1PM**



**¡CLASE DE
COCINA
VIRTUAL
1/18/25
SABADO
12PM-1PM**



**¡CLASE DE
COCINA
EN PERSONA
(ALMUERZO
INCLUIDO)
1/23/25
JUEVES
12PM-1PM**



**HEALTHY
COMFORT
FOOD**

English

With Abigail Remy,
Nutrition Ambassador

**IN
PERSON
TALK
2/6/25
THURSDAY
12PM-1PM**



**VIRTUAL
COOKING
CLASS
2/8/25
SATURDAY
12PM-1PM**



**IN PERSON
COOKING
CLASS
(LUNCH
INCLUDED)
2/20/25
THURSDAY
12PM-1PM**



**MANJE AN
SANTE
AYISYEN
Kreyòl**

Jessica Menard
Ak RD LDN

**KONVÈSASYON
AN PESON
3/6/25
JEDI
6PM-7PM**



**KLAS POU KWIT
MANJE
AN PESON
(MANJE MIDI ENKLI)
3/13/25
JEDI
6PM-7PM**



**KONVÈSASYON
AN PESON
3/20/25
JEDI
6PM-7PM**



**KLAS POU KWIT
MANJE
AN PESON
(MANJE MIDI ENKLI)
3/27/25
JEDI
6PM-7PM**

