



# Eating Clean in 2018!

CULINARY CREATION MAKES IT EASY TO COOK SOMETHING  
FAST, HEALTHY – AND DELICIOUS.

Introducing Florida Hospital's one-of-a-kind meal program that offers a fresh approach to healthy food preparation, with the goal of increasing the wellness of our Fitness Centre Members, employees, patients and guests. Based at Florida Hospital Celebration Health, Culinary CREATION offers a variety of healthy menu items that you can take home and prepare in exactly the right portions for you and your family, all within 30 minutes or less.

## Cooking Class Schedule

**Tuesday, March 13**

**Tuesday, June 12**

**Tuesday, September 25**

**Tuesday, November 13**

*All classes held in Seasons Café from 6:00pm - 7:00pm*

**Please register at the Fitness Centre Front Desk or call (407) 303-4400**

*\$10 per class Fitness Centre Members & Florida Hospital Employees or 4 class pack \$35  
\$15 per class or 4 class pack \$50*