



CULINARY
CREATION

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