

HEALTHY
MEALS
IN
30
MINUTES



407-254-1066 • OrangeCountyParks.net

**Marks Street Senior
Recreation Complex**

99 E Marks St., Orlando, FL 32803

.....
Every 1st & 3rd

Tuesday

11 A.M. – Noon

.....
Learn how to prep and
serve a meal in 30 minutes
the healthy way.

Participants must register.
Limited seating.

\$5
per person



We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.

