

## Florence, Abel to Cook to offer healthy cooking classes

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Lauren Abel, owner of Abel to Cook, will offer a series of healthy cooking classes in Florence. / Thanks to Belle & Blanc Photography

**FLORENCE** — Lauren Abel and the city are cooking up plans for a healthier community.

The city has partnered with Abel, owner of the cooking consulting company Abel to Cook, a division of Abel Fitness Training, to offer a series of classes on healthy cooking. The first class will be 6:30-8 p.m. Thursday, March 13, at the Florence Senior Activity Center, 7431, U.S. 42, Florence.

“We’re excited to offer these classes to help our community eat healthier,” Mayor Diane Whalen said. “I’ve been to classes Lauren has taught. Her food is great and her classes are fun and informative. I know people will enjoy the menus and learn a great deal too.”

Abel, 51, of Burlington, teaches healthy cooking classes for companies and organizations, retail stores, charity fundraisers and small groups of individuals across the area. She began her training consulting business three years ago, after her own battle with weight gain.

“I learned it was all about balance,” she said. “You’ve got to move, you’ve got to eat well. I saw a huge transformation in myself when I started doing that. My friends started asking me if I could help them. That’s when I realized this is my calling. I’m really excited about bringing a series to Florence.”

The theme of the first class will be Lusciously Lenten: Say Goodbye to the Fish Fry. The menu includes baked spinach and cheese stuffed mushrooms, three types of baked herbed fish, brown rice and banana peanut butter frozen dessert.

“The recipes are fast, easy and tasty,” she said.

Cost for the class is \$30 per person. Advance registration is required at [abeltocoek.com](http://abeltocoek.com).

The remaining series dates and themes are: June 11, Sensational Summer Salads; Aug. 27, Magnificent Meatless Menus; and Oct. 29, Happy, Healthy Holiday Grazing

All classes will be 6:30-8 p.m. at the the senior center.

The goal, according to Abel, is to get the community eating healthier.

“Kentucky is one of the nation’s unhealthiest states,” she said. “We want to make our community a healthy place and get us one step closer to help us to around those numbers that make Kentucky a less healthier place.”

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