



August

Free HEAL Classes & Events Below
No Registration Required Unless Stated



Market Hours:
Tuesday-Friday: 11am-5pm
Saturday: 9am-1pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5 12:30pm-1:30pm: South Side Resources	6 10:00am: Dance Class 10:30am: Nutrition and Wellness 10:30am: Mobile Dental Unit	7	8
10	11 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit 11:00am: MOFC Resources	12 11:00am-1:00pm: Humana Resources	13 10:00am: Dance Class 10:30am: Nutrition and Wellness	14 10:15am: Alzheimer's and Dementia 10:30am-4:00pm: Harm Reduction Resources	15
17	18 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit	19 12:30pm-1:30pm: South Side Resources	20 10:00am: Dance Class 10:30am: Nutrition and Wellness 10:30am: Mobile Dental Unit	21 10:30am: Harm Reduction Resources	22
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All People's Fresh Market

Address: 945 Parsons Avenue, Columbus, OH 43206

Our Healthy Eating and Living (HEAL) Initiative, includes the All People's Fresh Market and class/events. The fresh market offers delicious, fresh produce to any household earning less than 200% of the Federal Poverty Guidelines, free of charge. Our classes and events are free and open to all. Learn more at our website: www.heal4allpeople.org

Do you have any questions, or interested in volunteering or would like to partner with our HEAL program for an event/class? Register on POINT or contact us:

<https://pointapp.org/orgs/268>

HEAL Coordinator: Sam Alexander salexander@4allpeople.net or (614)-445-7342, ext. 112

Nutrition & Wellness: @10:30am-10:45am, every Tuesday and Thursday, at the All People's Fresh Market, 945 Parsons Ave.

Humana Resource: @11:00am-1:00pm every other Wednesday at the All People's Fresh Market, 945 Parsons Ave.

Dance Class: @10am-11am, every Thursday, at the Connection Center, 911 Parsons Ave.

MOFC Resource: @11:00am-12:00pm, every first Tuesday at the All People's Fresh Market, 945 Parsons Ave.

Mobile Health Unit: by appointment or walk in @ 10:30am-1:30pm, every Tuesday at the All People's Fresh Market, 945 Parsons Ave.

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Harm Reduction Resource: times and providers vary, every Friday at the All People's Fresh Market, 945 Parsons Ave.

Alzheimer's & Dementia Class: @10:15am-10:45am, second Friday of the month, at the All People's Fresh Market, 945 Parsons Ave.

Health Screenings: @10:30am-4:00pm, dates vary in Spring and Fall at the All People's Fresh Market, 945 Parsons Ave.

.South Side Resources: @12:30pm-1:30pm, first and third Wednesdays at the All People's Fresh Market, 945 Parsons Ave.

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Agosto

Todas las clases se imparten en Ingles



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Sábado: 9am-1pm

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