



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
August is: International Peace Month <u>National Black Business Month</u> <u>National Immunization Awareness</u> <u>Spinal Muscular Atrophy Awareness</u> <u>World Cancer Support Month</u>				1	2
4 10:00am Health Education Club	5 10:30am Nutrition & Wellness 6:00pm Garden Work Party	6 10:30am Wellness Wednesday	7 10:00am Dance Class 10:30am Nutrition & Wellness	8 10:15am Alzheimer's & Dementia Class	9
11 10:00am Health Education Club	12 10:30am Nutrition & Wellness 6:00pm Garden Work Party	13 1pm-3pm SSTC Neighborhood Navigator 2:00pm OSU Snap-Ed	14 10:00am Dance Class 10:30am Nutrition & Wellness 12:00pm Cooking Skills	15	16
18 10:00am Health Education Club	19 10:30am Nutrition & Wellness 6:00pm Garden Work Party	20 10:30am Wellness Wednesday	21 10:00am Dance Class 10:30am Nutrition & Wellness	22	23
25 10:00am Health Education Club	26 10:30am Nutrition & Wellness 6:00pm Garden Work Party	27 2:00pm OSU Snap-Ed	28 10:00am Dance Class 10:30am Nutrition & Wellness 12:00pm Cooking Skills	29	30



All People's Fresh Market



Address: 945 Parsons Avenue, Columbus, OH 43206

Our Healthy Eating and Living (HEAL) Initiative, include 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 would like to partner with the HEAL program for an event/class or interested in volunteering? Sign up through POINT or contact us:

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

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

Health Education Club: @10am, Every Monday, at the Reeb Center Roots Café, 280 Reeb Ave. Join Aaron and learn as he discusses a new health topic each week. Lunch is provided afterwards.

Nutrition & Wellness: @10:30am, Every Tuesday and Thursday, at the All People's Fresh Market, 945 Parsons Ave. A Molina Rep. will teach 15min class on health topics, those who join can shop immediately after class.

Wellness Wednesday: @10:30am, Every Other Wednesdays, at the All People's Fresh Market, 945 Parsons Ave. Stop by for a 15min class on wellness by a CareSource Rep. Those who join can shop early after class.

Garden Work Party: @6pm Tuesdays, at Mari Sunami Community Garden, 248 Stanaford Place. Volunteers will assemble to maintain community garden bed space at the Mari Sunami Community Garden. Contact garden@4allpeople.net for details.

Dance Class: @10am-11am, Every Thursday, at the Connection Center, 911 Parsons Ave. A fun way to exercise by learning Middle Eastern dance. Those who join can shop at the market immediately after class.

Intro to Alzheimer's & Dementia: @10:30am, Friday, June 16th, at the All People's Fresh Market, 945 Parsons Ave. A discussion time for your questions and answers about Alzheimer's and Dementia. Shop after class.

OSU Snap Ed: @2:00pm-3:00pm second and fourth Wednesdays, Roots Cafe, The Reeb Center, 280 Reeb Ave. Join SNAP instructor Tisha Simeral as we cover budget-friendly recipes in this free class.

Cooking Skills Class: @ 12:00pm-1:00pm every other Thursday in Room 231 at Church for All People, 946 Parsons Ave and Roots Cafe at The Reeb Center, 280 Reeb Ave. Learn cooking skills with Registered Dietician Lamees Lahham and prepare a different recipe each class!

Community Outreach: South Side Thrive Collaborative (SSTC) Community Outreach: Navigators connecting South Side residents to resources at the market. Visit SouthSideThrive.org. Maryhaven: Helps people experiencing homelessness to find housing and treatment. Both at the All People's Fresh Market, 945 Parsons Ave.