



# December

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
1	2 9:00am: Parsons Fit and Flow 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit	3 10:30am: Wellness Wednesday	4 10:00am: Dance Class 10:30am: Nutrition and Wellness	5	6
8	9 9:00am: Parsons Fit and Flow 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit	10	11 10:00am: Dance Class 10:30am: Nutrition and Wellness 12:00pm: Healthy Cooking	12 10:15am: Alzheimer's and Dementia	13
15	16 9:00am: Parsons Fit and Flow 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit	17 10:30am: Wellness Wednesday	18 10:00am: Dance Class 10:30am: Nutrition and Wellness	19	20
22	23	24	25 Market Closed	26 Market Closed	27 Market Closed
29	30	31	1 Market Closed	2	3



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# All People's Fresh Market

Address: 945 Parsons Avenue, Columbus, OH 43206

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**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](http://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? Please contact us:**

**HEAL Coordinator: Sam Alexander [salexander@4allpeople.net](mailto: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.

**Wellness Wednesday:** @10:30am-10:45am, every other Wednesdays, at the All People's Fresh Market, 945 Parsons Ave.

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

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

**Parsons Fit and Flow:** @9:00am-10:00am every Tuesday beginning October 21<sup>st</sup> at The Connection Center, 911 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.

**Healthy Cooking Class:** @12pm-1pm Second and Fourth Thursdays at the Roots Cafe, The Reeb Center, 280 Reeb Ave.

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# Diciembre

Todas las clases se imparten en Ingles.



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**Sábado: 9am-1pm**

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

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