



# February

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
2	3 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit	4	5 10:00am: Dance Class 10:30am: Nutrition and Wellness	6 10:30am-4:00pm: Harm Reduction Resources	7
9	10 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit 1:00pm: Maryhaven Resources	11 11:00am-1:00pm: Humana Resources	12 10:00am: Dance Class 10:30am: Nutrition and Wellness	13 10:15am: Alzheimer's and Dementia	14
16	17 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit 10:30am-4:00pm: Health Screenings	18	19 10:00am: Dance Class 10:30am: Nutrition and Wellness	20 10:30am-4:00pm: Harm Reduction Resources	21
23	24 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit 1:00pm: Maryhaven Resources	25 11:00am-1:00pm: Humana Resources	26 10:00am: Dance Class 10:30am: Nutrition and Wellness	27	28



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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.

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

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

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# Febrero

Todas las clases se imparten en Ingles



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Sábado: 9am-1pm

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**Healthy Eating and Living (HEAL) (Programa de Alimentación y Vida Sana)** incluye el Mercado (All People's Fresh Market) y sus clases y eventos. El mercado ofrece productos frescos y deliciosos a familias con ingresos inferiores a 200% del nivel federal de pobreza, gratuitamente. Nuestros clases y eventos son gratuitos y todos son bienvenidos. Aprende más en nuestro sitio de web: [www.heal4allpeople.org](http://www.heal4allpeople.org) Si usted tiene alguna pregunta, o le interesa colaborar con el Programa de Alimentación y Vida Sana para un evento o clase, o si le interesa hacerse voluntario, Regístrate a través del POINT o contacta con nosotros

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

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