



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

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? Please contact us:

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.

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Maryhaven Resource: @1:00pm-3:00pm every second and fourth Tuesday at the All People's Fresh Market, 945 Parsons Ave.

Harm Reduction Resource: @10:30am-4:00pm every other 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.

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Febrero

Todas las clases se imparten en Ingles



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Sábado: 9am-1pm

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