



January

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 Market Closed	2	3
5	6 9:00am: Parsons Fit and Flow 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit	7 11:00am-1:00pm: Humana Resources	8 10:00am: Dance Class 10:30am: Nutrition and Wellness	9 10:15am: Alzheimer's and Dementia 11:00am: Cooking Demonstration	10
12	13 9:00am: Parsons Fit and Flow 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit	14	15 10:00am: Dance Class 10:30am: Nutrition and Wellness	16	17
19	20 9:00am: Parsons Fit and Flow 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit	21 11:00am-1:00pm: Humana Resources	22 10:00am: Dance Class 10:30am: Nutrition and Wellness	23 11:00am: Cooking Demonstration	24
26	27 9:00am: Parsons Fit and Flow 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit	28	29 10:00am: Dance Class 10:30am: Nutrition and Wellness	30	31



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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.

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 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.

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Enero

Todas las clases se imparten en Ingles



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Sábado: 9am-1pm

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