November

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 11:00am: MOFC Resources	4 11:00am-1:00pm: Harm Reduction Resources	5 10:00am: Dance Class 10:30am: Nutrition and Wellness 10:30am: Mobile Dental Unit	6	7 9:00am-1:00pm Healthcare Screenings
9	10 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit	11 11:00am-1:00pm: Humana Resources	12 10:00am: Dance Class 10:30am: Nutrition and Wellness	13 10:15am: Alzheimer's and Dementia 10:30am-4:00pm: Harm Reduction Resources	14
16	17 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit 11:00am: MOFC Resources	18 11:00am-1:00pm: Harm Reduction Resources	19 10:00am: Dance Class 10:30am: Nutrition and Wellness 10:30am: Mobile Dental Unit	20	21 9:00am-1:00pm Healthcare Screenings
23	24 10:30am: Nutrition and Wellness 10:30am: Mobile Health Unit	25 11:00am-1:00pm: Humana Resources	26 Market Closed	27 Market Closed	28 Market Closed
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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? Register on POINT or contact us:
https://pointapp.org/orgs/268
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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Harm Reduction Resource: *times and providers vary, every 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.*
.**South Side Resources:** *@12:30pm-1:30pm, first and third Wednesdays at the All People's Fresh Market, 945 Parsons Ave.*

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Noviembre

Todas las clases se imparten en Ingles

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Sábado: 9am-1pm

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