



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

November is

Alzheimer's Awareness Month

Diabetes Awareness Month

Lung Cancer Awareness Month

Election Day 11/4

Daylight Saving Time Ends 11/2



3

**10am
Health
Education
Club**

4

**9:00am
Parsons Fit
and Flow
10:30am
Nutrition &
Wellness
10:30a-1:30p
Mobile
Health Unit**

5

**10:30am
Wellness
Wednesday**

6

**10:00am
Dance Class
10:30am
Nutrition &
Wellness
12pm-4pm
Blood
Pressure
Blood Sugar
Checkup**

7

8

10

**10am
Health
Education
Club**

11

**9:00am
Parsons Fit
and Flow
10:30am
Nutrition &
Wellness
10:30a-1:30p
Mobile
Health Unit**

12

**1pm-3pm SSTC
Neighborhood
Navigator**

13

**10:00am
Dance Class
10:30am
Nutrition &
Wellness
12:00pm
Healthy
Cooking Class**

14

**10:15am
Alzheimer's &
Dementia
Education**

15

17

**10am
Health
Education
Club**

18

**9:00am
Parsons Fit
and Flow
10:30am
Nutrition &
Wellness
10:30a-1:30p
Mobile
Health Unit**

19

**10:30am
Wellness
Wednesday**

20

**10:00am
Dance Class
10:30am
Nutrition &
Wellness**

21

22

24

**10am
Health
Education
Club**

25

**9:00am
Parsons Fit
and Flow
10:30am
Nutrition &
Wellness
10:30a-1:30p
Mobile
Health Unit**

26

**Closed for
Thanksgiving**



All People's Fresh Market

Address: 945 Parsons Avenue, Columbus, OH 43206



Our Healthy Eating and Living (HEAL) Initiative, include 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 would like to partner with the HEAL program for an event/class or interested in volunteering? Contact us:

HEAL Coordinator: Sam Alexander salexander@4allpeople.net (614)-445-7342, ext. 112

Health Education Club: @10am-11am, every Monday, at the Reeb Center Roots Café, 280 Reeb Ave. Join Gary for coffee and learn as he discusses a new health topic each week. Lunch is provided afterwards.

Nutrition & Wellness: @10:30am-10:45am, every Tuesday and Thursday, at the All People's Fresh Market, 945 Parsons Ave. A Molina Rep. will teach 15min class on health topics, those who join can shop immediately after class.

Relaxation 4 All People: @2:30pm-3:30pm, every Tuesday, at the Connection Center, 911 Parsons Ave. Urban Zen Integrative Therapists guide with technique to help achieve rest, ease, levity, integration, and focus.

Wellness Wednesday: @10:30am-10:45am, every other Wednesdays, at the All People's Fresh Market, 945 Parsons Ave. Stop by for a 15min class on wellness by a CareSource Rep. Those who join can shop immediately after class.

Dance Class: @10am-11am, every Thursday, at the Connection Center, 911 Parsons Ave. A fun way to exercise by learning Middle Eastern dance. Those who join can shop at the market immediately after class.

Cooking Skills Class: @12pm-1pm Second and Fourth Thursdays at the Roots Cafe, The Reeb Center, 280 Reeb Ave. Cook along with Registered Dietitian Lamees Lahham and try recipe samples.

Alzheimer's & Dementia Class: @10:15am-10:45am, second Friday of the month, at the All People's Fresh Market, 945 Parsons Ave. Learn Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Mobile Health Unit: @ 10:30am-1:30pm, every Tuesday at the All People's Fresh Market, 945 Parsons Ave. Walk-in healthcare visits from Equitas Health offering acute primary care, STI testing, and more. Insurance and Medicaid accepted, sliding scale fees are available.

Parsons Fit and Flow: @9:00am-10:00am every Tuesday beginning October 21st at The Connection Center, 911 Parsons Ave. Join an instructor from Columbus Restorative Massage and Wellness for this all-ages, all-sizes, all-abilities fitness class featuring cardio, strength training, and gentle movement.

Resource: South Side Thrive Collaborative (SSTC) Neighborhood Navigator: @1pm-3pm, Last Wednesday of the month, at the All People's Fresh Market, 945 Parsons Ave. Navigators connect South Side residents to resources. Visit SouthSideThrive.org for more information.

Blood Pressure/Sugar Checkup: @11am, at the All People's Fresh Market, 945 Parsons Ave. OSU Nursing Students providing checkup. No pre-registration required.



Noviembre

Todas las clases se imparten en Ingles



Horario de mercado:
Martes-Viernes: 11am-5pm
Sábado: 9am-1pm

Lunes

Martes

Miércoles

Jueves

Viernes

Sábado

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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 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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