



# September

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
<b>1</b>  <b>CD4AP Closed</b>	<b>2</b> <b>10:30am</b> <b>Nutrition &amp; Wellness</b> <b>10:30a-1:30p</b> <b>Mobile Health Unit</b>	<b>3</b>	<b>4</b> <b>10am</b> <b>Dance Class</b> <b>10:30am</b> <b>Nutrition &amp; Wellness</b> <b>11:00a-4:00p</b> <b>Health Screenings</b>	<b>5</b> <b>10:30am</b> <b>Chase Financial Wellness</b>	<b>6</b>
<b>8</b> <b>10am</b> <b>Health Education Club</b>	<b>9</b> <b>10:30am</b> <b>Nutrition &amp; Wellness</b> <b>10:30a-1:30p</b> <b>Mobile Health Unit</b> <b>6:00pm</b> <b>Garden Work Party</b>	<b>10</b> <b>10:30am</b> <b>Wellness Wednesday</b> <b>1pm-3pm SSTC Neighborhood Navigator</b> <b>2:00pm</b> <b>OSU SNAP Ed</b>	<b>11</b> <b>10am</b> <b>Dance Class</b> <b>10:30am</b> <b>Nutrition &amp; Wellness</b> <b>12:00pm</b> <b>Cooking Skills</b>	<b>12</b> <b>10:15am</b> <b>Alzheimer's &amp; Dementia</b>	<b>13</b>
<b>15</b> <b>10am</b> <b>Health Education Club</b>	<b>16</b> <b>10:30am</b> <b>Nutrition &amp; Wellness</b> <b>10:30a-1:30p</b> <b>Mobile Health Unit</b> <b>6:00pm</b> <b>Garden Work Party</b>	<b>17</b>	<b>18</b> <b>10am</b> <b>Dance Class</b> <b>10:30am</b> <b>Nutrition &amp; Wellness</b>	<b>19</b>	<b>20</b>
<b>22</b> <b>10am</b> <b>Health Education Club</b>	<b>23</b> <b>10:30am</b> <b>Nutrition &amp; Wellness</b> <b>10:30a-1:30p</b> <b>Mobile Health Unit</b> <b>6:00pm</b> <b>Garden Work Party</b>	<b>24</b> <b>10:30am</b> <b>Wellness Wednesday</b> <b>11:00a-4:00p</b> <b>Health Screenings</b> <b>2:00pm</b> <b>OSU SNAP Ed</b>	<b>25</b> <b>10am</b> <b>Dance Class</b> <b>10:30am</b> <b>Nutrition &amp; Wellness</b> <b>12:00pm</b> <b>Cooking Skills</b>	<b>26</b>	<b>27</b>
<b>29</b> <b>10am</b> <b>Health Education Club</b>	<b>30</b> <b>10:30am</b> <b>Nutrition &amp; Wellness</b> <b>10:30am</b> <b>Mobile Health Unit</b> <b>6:00pm</b> <b>Garden Work Party</b>	<b>September is:</b> <b>National Suicide Prevention Month</b> <b>National Prostate Health Month</b> <b>Pain Awareness Month</b> <b>National Yoga Month</b> <b>Hispanic Heritage Month</b>			



# 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](http://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? Sign up through POINT or contact us:

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

HEAL Coordinator: Sam Alexander at [salexander@4allpeople.net](mailto:salexander@4allpeople.net) or **(614)-445-7342, ext. 112**

---

**Health Education Club:** *@10am-11am, every Monday, at the Reeb Center Roots Café, 280 Reeb Ave.* Join Aaron 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.

**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:** *@2pm-3pm, 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at The Roots Cafe, the Reeb Center, 280 Reeb Ave.* Learn new cooking skills with OSU Extension instructor Tisha Simeral.

**Healthy Cooking:** *@ 12pm-1pm, 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at the Roots Cafe, the Reeb Center, 280 Reeb Ave.* Join Registered Dietician Lamees Lahham as she prepares a different budget-friendly healthy recipe each sessions!

**Alzheimer's & Dementia Class:** *@10:15-11:15, second Friday of the month, at the All People's Fresh Market, 945 Parsons Ave.* Join us to explore how communication changes when someone is living with Alzheimer's. Learn how to interpret the verbal and behavioral communication and identify strategies to help you connect.

**Mobile Health Unit:** *@10:30am-1:30pm, every Tuesday at the All People's Fresh Market, 945 Parsons Ave.* The MOVE bus from Equitas Health will be on-site at the Market providing walk-in visits for primary care, acute care, STI testing, and more. No appointment necessary!

**Chase Financial Wellness:** *@10:30am-10:45am, first Friday at the All People's Fresh Market, 945 Parsons Ave.* A representative from Chase Bank will teach a brief class on financial literacy. Shop early after class!

**Health Screenings:** *Select times at the All People's Fresh Market, 945 Parsons Ave.* OSU Nursing students will be on site providing blood pressure and blood sugar screenings.

**Garden Work Party:** *@6pm Tuesdays, at Mari Sunami Community Garden, 248 Stanford Place.* Volunteers will assemble to maintain community garden bed space at the Mari Sunami Community Garden. Contact [garden@4allpeople.net](mailto:garden@4allpeople.net) for details.



# Septiembre

Todas las clases se imparten en ingles.



**Horario de mercado:**  
**martes-viernes: 11am-5pm**  
**sábado: 9am-1pm**

Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
<b>1</b>  <b>Mercado Cerrado</b>	<b>2</b> <b>10:30am Nutrition &amp; Wellness</b> <b>10:30a-1:30p Mobile Health Unit</b> <b>6:00pm Garden Work Party</b>	<b>3</b>	<b>4</b> <b>10am Dance Class</b> <b>10:30am Nutrition &amp; Wellness</b> <b>11:00a-4:00p Health Screenings</b>	<b>5</b> <b>10:30am Chase Financial Wellness</b>	<b>6</b>
<b>8</b> <b>10am Health Education Club</b>	<b>9</b> <b>10:30am Nutrition &amp; Wellness</b> <b>10:30a-1:30p Mobile Health Unit</b> <b>6:00pm Garden Work Party</b>	<b>10</b> <b>10:30am Wellness Wednesday</b> <b>1pm-3pm SSTC Neighborhood Navigator</b> <b>2:00pm OSU SNAP Ed</b>	<b>11</b> <b>10am Dance Class</b> <b>10:30am Nutrition &amp; Wellness</b> <b>12:00pm Cooking Skills</b>	<b>12</b> <b>10:15am Alzheimer's &amp; Dementia</b>	<b>13</b>
<b>15</b> <b>10am Health Education Club</b>	<b>16</b> <b>10:30am Nutrition &amp; Wellness</b> <b>10:30a-1:30p Mobile Health Unit</b> <b>6:00pm Garden Work Party</b>	<b>17</b>	<b>18</b> <b>10am Dance Class</b> <b>10:30am Nutrition &amp; Wellness</b>	<b>19</b>	<b>20</b>
<b>22</b> <b>10am Health Education Club</b>	<b>23</b> <b>10:30am Nutrition &amp; Wellness</b> <b>10:30a-1:30p Mobile Health Unit</b> <b>6:00pm Garden Work Party</b>	<b>24</b> <b>10:30am Wellness Wednesday</b> <b>11:00a-4:00p Health Screenings</b> <b>2:00pm OSU SNAP Ed</b>	<b>25</b> <b>10am Dance Class</b> <b>10:30am Nutrition &amp; Wellness</b> <b>12:00pm Cooking Skills</b>	<b>26</b>	<b>27</b>
<b>29</b> <b>10am Health Education Club</b>	<b>30</b> <b>10:30am Nutrition &amp; Wellness</b> <b>10:30am Mobile Health Unit</b> <b>6:00pm Garden Work Party</b>	<b>Septiembre es:</b> <b><u>Mes Nacional de Prevención del Suicidio</u></b> <b><u>Mes Nacional de la Salud de la Próstata</u></b> <b><u>Mes de concientización sobre el dolor</u></b> <b><u>Mes Nacional del Yoga</u></b> <b><u>Mes de la Herencia Hispana</u></b>			



# All People's Fresh Market

**Dirección: 945 Parsons Avenue, Columbus, OH 43206**



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>.

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

---

**Health Education Club:** @10am-11am, every Monday, at the Reeb Center Roots Café, 280 Reeb Ave. Join Aaron 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.

**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:** @2pm-3pm, 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at The Roots Cafe, the Reeb Center, 280 Reeb Ave. Learn new cooking skills with OSU Extension instructor Tisha Simeral.

**Healthy Cooking:** @ 12pm-1pm, 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at the Roots Cafe, the Reeb Center, 280 Reeb Ave. Join Registered Dietician Lamees Lahham as she prepares a different budget-friendly healthy recipe each sessions!

**Alzheimer's & Dementia Class:** @10:15-11:15, second Friday of the month, at the All People's Fresh Market, 945 Parsons Ave. Join us to explore how communication changes when someone is living with Alzheimer's. Learn how to interpret the verbal and behavioral communication and identify strategies to help you connect.

**Mobile Health Unit:** @10:30am-1:30pm, every Tuesday at the All People's Fresh Market, 945 Parsons Ave. The MOVE bus from Equitas Health will be on-site at the Market providing walk-in visits for primary care, acute care, STI testing, and more. No appointment necessary!

**Chase Financial Wellness:** @10:30am-10:45am, first Friday at the All People's Fresh Market, 945 Parsons Ave. A representative from Chase Bank will teach a brief class on financial literacy. Shop early after class!

**Health Screenings:** Select times at the All People's Fresh Market, 945 Parsons Ave. OSU Nursing students will be on site providing blood pressure and blood sugar screenings.

**Garden Work Party:** @6pm Tuesdays, at Mari Sunami Community Garden, 248 Stanford Place. Volunteers will assemble to maintain community garden bed space at the Mari Sunami Community Garden. Contact [garden@4allpeople.net](mailto:garden@4allpeople.net) for details.