



# HEAL CLASS SCHEDULE



CLASSES ARE FREE AND ALL ARE WELCOME!

## MON

9am:

### Meditation

Recording posted on website

11am:

### Health Education Club

(Lunch Provided)  
280 Reeb Ave

Cancelled  
May 30th

5:30pm:

### Intervals Workout

911 Parsons Ave

Cancelled  
May 30th

## TUES

11am:

### Food

### Preservations

\*Bi-weekly,  
Starting June 14th\*

911 Parsons Ave

1pm & 6:15pm:

### Relaxation 4

### All People

911 Parsons Ave

## WED

10:30am:

### Wellness

### Wednesdays

\*Bi-weekly\*  
945 Parsons Ave

11am:

### Bingo

(Lunch Provided)  
280 Reeb Ave

12pm:

### ArtThrive Class

946 Parsons Ave

5:30pm:

### Yoga

\*Monthly, May 25\*  
911 Parsons Ave

## THUR

10am:

### Tai Chi

911 Parsons Ave

12pm:

### Cooking Skills Classes

\*RSVP Required\*  
946 Parsons Ave

## FRI

11am:

### Lunch in

### Roots Cafe

280 Reeb Ave

11am:

### Ask a

### Registered Dietitian

July 1st  
945 Parsons Ave

## SAT

9am:

### Walk with a

### Doc

\*Monthly  
June 11th\*  
Schiller Park,  
1069 Jaeger St.

For more information, visit [HEAL4allpeople.org](http://HEAL4allpeople.org)



The All People's Fresh Market offers delicious, fresh produce to everyone, free of charge.

The market's mission is to build community by sharing healthy, fresh food and bringing people together to engage in healthy living activities ranging from cooking classes to exercise sessions.

Most of the fresh food is provided from the Mid-Ohio Food Collective. Additionally, we receive locally grown produce from a variety of community gardens and nearby farms.

**For more information, contact:**

Jetti Marroni,

Healthy Eating and Living (HEAL) Coordinator  
614-445-7342 ext. 110 [jmarroni@4allpeople.net](mailto:jmarroni@4allpeople.net)



**Market Hours:**

**Tuesdays: 10am - 4pm**

**Wednesday - Friday: 11am - 5pm**

**Saturday: 9am - 1pm**

**Location: 945 Parsons Ave.**

**Columbus, Ohio 43206**

**YOU CAN GET FOOD ONCE A DAY,  
EVERYDAY THAT WE'RE OPEN.**