



April 2024

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 APRIL FOOL'S DAY 10am Health Education Club	2 10:30am Nutrition & Wellness 2:30pm Relaxation 4 All People	3 1pm-3pm Cooking with Your Kids Class	4 10:30am Nutrition & Wellness 11:15am Tai Chi	5 11am-1pm Maryhaven Outreach	6
8 10am Health Education Club	9 11am-3pm Blood Pressure & Blood Sugar Checkup 2:30pm Relaxation 4 All People	10 10:30am Wellness Wednesday 11:30am SSTC Community Outreach	11 10am Dance Class 10:30am Nutrition & Wellness 11:15am Tai Chi	12 10:15am Alzheimer's & Dementia Class	13
15 10am Health Education Club	16 10:30am Nutrition & Wellness 2:30pm Relaxation 4 All People	17	18 10am Dance Class 10:30am Nutrition & Wellness	19 10:15am Financial Wellness 12pm-1pm Exploring Whole Grains	20
22 Volunteer Appreciation Week 10am Health Education	23 10:30am Nutrition & Wellness 2:30pm Relaxation 4 All People	24 Market Closed	25 10am Dance Class 10:30am Nutrition & Wellness 11:15am Tai Chi	26	27
29 10am Health Education Club	30 10:30am Nutrition & Wellness 2:30pm Relaxation 4 All People	April is: Earth Month National Garden Month Stress Awareness Month For more information on classes, events, and health resources, check back of calendar!			



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:

HEAL Director: Jetti Marroni at jmarroni@4allpeople.net or (614)-445-7342, ext. 110



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 dancing. Those who join can shop at the market immediately after class.



Tai Chi For Beginners: @11:15am-12:15pm, every Thursday until April 25, at the Connection Center, 911 Parsons Ave. A gentle exercise and moving meditation class that increases flexibility and balance. **Registration Required! Contact Jenny Lobb at lobb.3@osu.edu or 614-292-7775**



Cooking with Your Kids Class: @1pm-3pm, Wednesday April 3rd, at the Connection Center, 911 Parsons Ave. Come prepare healthy food and make delicious snacks with your kids. **Registration Required! Contact Jetti at jmarroni@4allpeople.net**



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



Financial Wellness: @10:15am-10:45am, Third Friday, Every Other Month, at the All People's Fresh Market, 945 Parsons Ave. Join us and learn about personal finances from an expert. Bring your questions.



Exploring Whole Grains from Around the World: @1pm first Friday on the month, at the Connection Center, 911 Parsons Ave. Learn how to incorporate more whole grains into your diet and try samples.

Healthcare Resources: Providing and connecting people to health care programs/insurance at the market. Molina on Tue and Thur 11am-5pm, CareSource on Wed 11am-12pm, Anthem on Wed 11am-1pm, Humana on Wed 1pm-3pm, UnitedHealthcare on Fri 11am-1pm and Aetna on Fri 1pm-3pm.

Community Outreach: South Side Thrive Collaborative (SSTC) Community Outreach: Navigators connecting South Side residents to resources at the market. Visit SouthSideThrive.org. **Maryhaven:** Helps people experiencing homelessness to find housing and treatment. Both at the All People's Fresh Market, 945 Parsons Ave.



Blood Pressure and Blood Sugar Checkup: @11am-3pm, at the All People's Fresh Market, 945 Parsons Ave. OSU Nursing Students providing checkups.



Abril 2024

Todas las clases se imparten en inglés



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

lunes	martes	miércoles	jueves	viernes	sábado
<p>1 APRIL FOOL'S DAY 10am Health Education Club</p>	<p>2 10:30am Nutrition & Wellness 2:30pm Relaxation 4 All People</p>	<p>3 1pm-3pm Cooking with Your Kids Class</p>	<p>4 10:30am Nutrition & Wellness 11:15am Tai Chi</p>	<p>5 11am-1pm Maryhaven Outreach</p>	<p>6</p>
<p>8 10am Health Education Club</p>	<p>9 11am-3pm Exámenes de presión arterial 2:30pm Relaxation 4 All People</p>	<p>10 10:30am Wellness Wednesday 11:30am SSTC Community Outreach</p>	<p>11 10am Dance Class 10:30am Nutrition & Wellness 11:15am Tai Chi</p>	<p>12 10:15am Alzheimer's & Dementia Class</p>	<p>13</p>
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<p>29 10am Health Education Club</p>	<p>30 10:30am Nutrition & Wellness 2:30pm Relaxation 4 All People</p>	<p><u>Abril es:</u> Mes de la Tierra Mes Nacional de los Jardines Mes de Concientización sobre el Estrés</p> <p>Para obtener más información sobre clases, eventos y recursos de salud, consulte la parte posterior del calendario. </p>			



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

Si UD 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, contacte a HEAL Director: Jetti Marroni at jmarroni@4allpeople.net or (614)-445-7342, ext. 110



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Exámenes de presión arterial y azúcar en sangre: @11am-3pm, en el All People's Fresh Market, 945 Parsons Ave. Estudiantes de enfermería de OSU realizando chequeos.