



May

Market Open Hours:
Monday: 1:00 - 5:00pm
Tuesday-Friday: 11:00 - 4:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 @11:00 FOOD DEMO 	4	5  CINCO DE MAYO	6
9	10	11  Pet Food Day @11:00 Community Nutrition Class @10:00 	12 @10:00 Financial Literacy Class 	13
16 @1:00 BLOOD PRESSURE SCREENINGS 	17 NO GYM? NO PROBLEM!  @10:00	18 @1:00pm Parenting Class  Getting Your Child To Do Chores	19	20  DIAPER DAY @11:00AM 
23 @11:00 FOOD DEMO 	24	25 @10:00 Community Nutrition Class 	26	27 Line Dancing!  @1:00

The Linden Market

1464 Cleveland Ave
Columbus, OH 43211

The Linden Market provides free, fresh produce to any household earning less than 200% of the Federal Poverty Guidelines. Our classes and events are always free and open to all. Learn more at our website: www.heal4allpeople.org

Do you have any questions, or would you like to partner with the Linden Market for an event? Contact us at **(614)-298-4192 ext. 6** or at **lindenmarket@4allpeople.net**



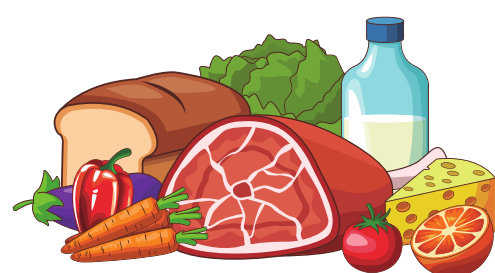
Walk With A Doc: @10:00 Saturday, May 7th at the Linden Park Rec Center

Walk your own pace and distance, and learn some healthy lifestyle tips from a local doctor! This doctor-led group is a fun and safe place to go for a walk, learn about health, and meet new friends.



Pet Food Giveaway: @11:00 Wednesday, May 11th

Columbus Humane gives out free dog/cat food in the Market parking lot every 2nd Wednesday of the month. Limited supply!



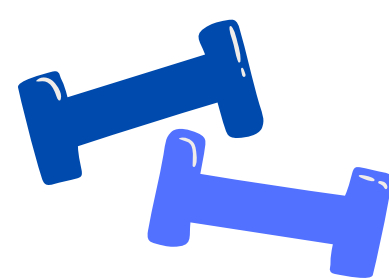
Community Nutrition Class: @10:00 Wednesday May 11th & 25th

Learn how to make healthy, tasty meals in our Community Nutrition Classes. We will have food samples available. No sign-up required; attendees can shop first in the market after class.



Financial Literacy Class: @10:00 Thursday, May 12th

Take a coffee break with us! Bring your money and finance questions to be answered by Martha Imbamba. Questions are encouraged!



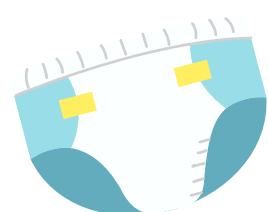
No Gym No Problem Class: @10:00 Tuesday, May 17th

Learn about ways to stay active at home & at work by incorporating more physical activity into your day! Attendees can shop first in the market after class; sign up at the resource table our at www.heal4allpeople.org/linden-classes



Parenting: Getting Your Child To Do Chores @1:00 Wednesday, May 18th

Join us for a discussion and some suggestions for parents and caregivers of children 12 & under. Gift cards for participants who complete the follow-up. Spots are limited, please sign up by emailing lindenmarket@4allpeople.net or signing up at the Linden Market resource table.



Diaper Day: @11:00 Friday, May 20th

We will have free diaper packs available for families with young children. Limited supply, 1 pack per child.



Line Dancing: @11:00 Friday, May 27th

Join us for Line Dancing outside the Linden Market! We will have music and an instructor to lead everyone in dancing.