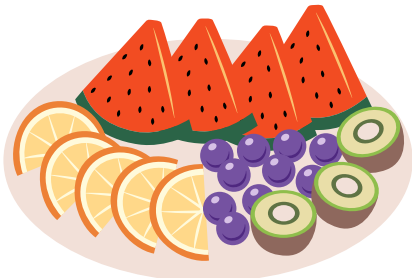


June

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

Monday	Tuesday	Wednesday	Thursday	Friday
30  Closed for Memorial Day	31	1 @11:00 FOOD DEMO 	2	3
6 @1:00 BLOOD PRESSURE SCREENINGS 	7	8  Pet Food Day @11:00 Community Nutrition Class @10:00 	9 @10:00 Food Preservation Class 	10
13	14 @11:00 FOOD DEMO 	15	16 @11:00 SOUP-er Day! 	17  DIAPER DAY @11:00AM 
20  Closed in observance of Juneteenth	21 @1:00 BLOOD PRESSURE SCREENINGS 	22 @1:00pm Parenting Class 	23	24 Line Dancing!  @1:00
27	28 @11:00 FOOD DEMO 	29	30 @10:00 Make It Yourself Class  Making Laundry Detergent	1

The Linden Market

1464 Cleveland Ave
Columbus, OH 43211

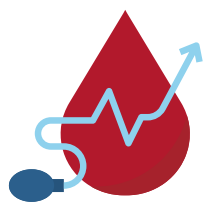
The Linden Market provides free, fresh produce to any household earning less than 200% of the Federal Poverty Guidelines. Our classes and events are always free and open to all. Learn more at our website: www.heal4allpeople.org

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, June 4th 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.



Blood Pressure Screenings: *@1:00 June 6th & 21st*

Stop by the market for a blood pressure screening from OSU Nursing & Pharmacy students. No appointment necessary.



Pet Food Giveaway: *@11:00 Wednesday, June 8th*

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



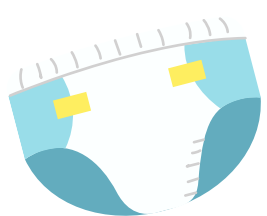
Community Nutrition Class: *@10:00 Wednesday June 8th*

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.



Food Preservation Class: *@10:00 Thursday, June 9th*

Join Jenny Lobb, OSU Extension Educator, to learn about different food preservation methods like freezing, drying and canning. You will learn what equipment you need for each food preservation method and compare costs and benefits of each method. Sign up here: www.heal4allpeople.org/linden-classes



Diaper Day: *@11:00 Friday, June 17th*

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



Parenting Class: Coping with Stress As A Parent: *@1:00 Wednesday, June 22nd*

Join us for a discussion and some suggestions for parents and caregivers of children. Spots are limited, please sign up by emailing lindenmarket@4allpeople.net or at www.heal4allpeople.org/linden-classes



Line Dancing: *@1:00 Friday, June 24th*

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



Make It Yourself Class: *@10:00 Thursday, June 30th*

Learn how to make Laundry Detergent in our Make It Yourself Class. Attendees can shop first in the market. Sign up here: www.heal4allpeople.org/linden-classes