



June

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

June is:

Alzheimer's and Brain Awareness Month

National Fresh Fruit and Vegetables Month

LGBTQ Pride Month

For more information on classes,
events, and health resources,
check back of calendar!

3

10am
**Health
Education
Club**

4 10:30am
**Nutrition &
Wellness**

2:30pm
**Relaxation 4
All People**

5

10:30am
**Wellness
Wednesday**

6

10am
Dance Class
10:30am
**Nutrition &
Wellness**
11:15am
Tai Chi
11am-4pm
Blood
Pressure/Sugar
Screenings

7

11am-1pm
Maryhaven
Outreach

8

**Market
CLOSED**



10

10am
**Health
Education
Club**

11 10:30am
**Nutrition &
Wellness**

2:30pm
**Relaxation 4
All People**

12

1pm-3pm
SSTC
Community
Outreach

13

10am
Dance Class
10:30am
**Nutrition &
Wellness**
11am-4pm
Blood
Pressure/Sugar
Screenings

14

10:30am
**Intro to
Alzheimer's
& Dementia**

12:00pm
Cooking Skills

15

**Happy
Father's
Day
Weekend**

17

18 10:30am
**Nutrition &
Wellness**
2:30pm
**Relaxation 4
All People**

19

**Happy
Juneteenth!**



Market Closed

20

10am
Dance Class
10:30am
**Nutrition &
Wellness**

21

10:15am
Financial Wellness
Ways to Help
Protect Your
Finances as You
Age
12pm-2pm
Maryhaven
Outreach

22

24

10am
**Health
Education
Club**

25 10:30am
**Nutrition &
Wellness**
2:30pm
**Relaxation 4
All People**

26

1pm-3pm SSTC
**Neighborhood
Navigator**

27

10am
Dance Class
10:30am
**Nutrition &
Wellness**
1pm
Blood Pressure
& Sugar
Screening
6pm
**Gardening
Class**

28

12:00pm
Cooking Skills

29



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

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 or (614)-445-7342, ext. 112



Health Education Club: @10am, 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, 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: @1pm & 5pm, 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, 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 early after class.



Gardening Class: @6pm, Last Thursday of the Month, at Mari Sunami Community Garden, 248 Stanford Place. Learn how to grow your own food on your reserved plot at the Community Garden. Registration required: contact Sue Wolfe swolfe@4allpeople.net for details



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.



Financial Wellness: @12pm-1pm, First Thursday of the Month, at the Connection Center, 911 Parsons Ave. Learn about personal finances from an expert. Bring your questions. This month's topic: Ways to Help Protect Your Finances as You Age



Intro to Alzheimer's & Dementia: @10:30am, Friday, June 16th, at the All People's Fresh Market, 945 Parsons Ave. A discussion time for your questions and answers about Alzheimer's and Dementia. Shop after class.



Avenue For All: @11am-3pm, Saturday, June 8th, 946 Parsons Ave. Parsons Avenue will be closed from East Whittier Street to East Kossuth Street for live entertainment and activities for the whole family! **Admission is free and open to all!**



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



Cooking Skills Class: @ 12:00pm-1:00pm every other Friday in Room 231 at Church for All People, 946 Parsons Ave. Learn cooking skills with Registered Dietician Lamees Lahham and prepare a different recipe each class! RSVP Required.

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.



Junio

Todas las clases se imparten en ingles.



Horario de Mercado:
Martes-Viernes: 11am-5pm
Sábado: 9am-1pm

Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
Junio es: Mes de la concientización sobre el Alzheimer y el cerebro <u>Mes del Orgullo LGBTQ</u> Para obtener más información sobre clases, eventos y recursos de salud, consulte la parte posterior del calendario.					1
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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, Regístrate a través del POINT o contacta con nosotros <https://pointapp.org/orgs/268>.

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