



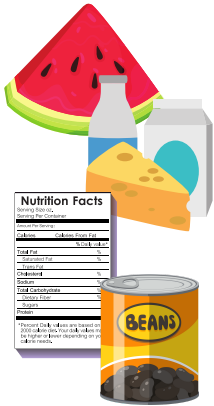
# September

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

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31 @10:00 Community Nutrition Class 	1	2
5  Closed for Labor Day	6	7 @10:00 Community Nutrition Class 	8	9
12 @10:30 The role of Food on Blood Pressure and Cholesterol	13 @10:30 Nutrition 101: My Plate and Food Groups	14 @11:00 Pet Food Day 	15 @11:00 SOUP-er Day! 	16 Email & Microsoft workshop! @ 10:30am  DIAPER DAY @11:00AM
19	20 @10:30 Low Intensity Exercise for Everyday	21 @10:00 Community Nutrition Class 	22	23
26 @1:00 FOOD DEMO 	27	28	29 @1:00pm Parenting Class 	30 @10:30 How to Increase Nutrients in your Diet

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](http://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](mailto:lindenmarket@4allpeople.net)**



## **Community Nutrition Class:** @10:00 Wednesday, August 31st, September 7th & 21st

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. Class Topics:  
8/31 "Benefits of Dairy & Tasting Watermelon Salad"  
9/7 "Benefits of Fruit & Tasting Cucumber Salad"  
9/21 "Nutrition Label Facts & Tasting Cowboy Caviar"



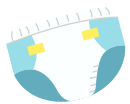
## **Pet Food Giveaway:** @11:00 Wednesday, September 14th

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



## **SOUP-er Day:** @11:00 Thursday, September 15th

We will have soup available, provided by the Northwest United Methodist Church.



## **Diaper Day:** @11:00 Friday, September 16th

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



## **Parenting Class:** @1pm Thursday, September 29th

Join us for a discussion and some suggestions to help you work with your child's teacher to teach your child to behave responsibly at school. Sign up by emailing [lindenmarket@4allpeople.net](mailto:lindenmarket@4allpeople.net)

## **Walk With A Doc:** @10:00 Saturday, September 24th @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.