



# February

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**

**February is:**

**Black History Month**

**Heart Health Awareness Month**

**National Cancer Prevention Month**

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



**1**

**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**

**7**  
**11am-3pm**  
**Blood Pressure & Blood Sugar Checkup**

**8**

**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**

**14**  
**10:15am**  
**Alzheimer's & Dementia Class**  
  
**11am**  
**Cooking Demonstration**

**15**

**17**  
**10am**  
**Health Education Club**

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

**19**

**20**  
**10am**  
**Dance Class**  
  
**10:30am**  
**Nutrition & Wellness**

**21**

**22**

**24**  
**10am**  
**Health Education Club**

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

**26**

**27**  
**10am**  
**Dance Class**  
  
**10:30am**  
**Nutrition & Wellness**

**28**  
**11am**  
**Cooking Demonstration**



# 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](http://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 us:**

**HEAL Coordinator: Sam Alexander [salexander@4allpeople.net](mailto:salexander@4allpeople.net) or (614)-445-7342, ext. 112**

**Health Education Club: @10am-11am, every Monday, at the Reeb Center Roots Café, 280 Reeb Ave. Join Aaron 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.**

**Alzheimer's & Dementia Class: @10:15am-10:45am, second Friday of the month, at the Connection Center, 911 Parsons Ave. Learn about alzheimer's and dementia stages, risk factors, research and FDA-approved treatments.**

**Community Outreach: South Side Thrive Collaborative (SSTC) Community Outreach: Navigators connecting South Side residents to resources at the market. Visit [SouthSideThrive.org](http://SouthSideThrive.org). Every second Wednesday of the month, 1pm-3pm.**

**Blood Pressure and Blood Sugar Checkup: @11am-3pm, at the All People's Fresh Market, 945 Parsons Ave. OSU Nursing Students providing basic screenings such as blood pressure and blood sugar.**



# Febrero

Todas las clases se imparten en Ingles



Horario de mercado:

Martes-Viernes: 11am-5pm

Sábado: 9am-1pm

Lunes

Martes

Miércoles

Jueves

Viernes

Sábado

**Febrero es:**

Mes de la Historia Afroamericana

Mes de concientización sobre la salud del corazón

Mes Nacional de la Prevención del Cáncer

Para obtener más información sobre clases, eventos y recursos de salud, consulte la parte posterior del calendario.



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# All People's Fresh Market

Dirrección: 945 Parsons Avenue, Columbus, OH 43206



Nuestra Iniciativa de Alimentación y Vida Saludable (HEAL, por sus siglas en inglés) incluye el All People's Fresh Market y clases/eventos. El mercado de productos frescos ofrece productos deliciosos y frescos a cualquier hogar que gane menos del 200% de las Pautas Federales de Pobreza, de forma gratuita. Nuestras clases y eventos son gratuitos y abiertos a todos. Más información en nuestro sitio web: [www.heal4allpeople.org](http://www.heal4allpeople.org)

¿Tiene alguna pregunta o está interesado en ser voluntario o le gustaría asociarse con nuestro programa HEAL para un evento / clase? Póngase en contacto con nosotros: Coordinador de HEAL: Sam Alexander [salexander@4allpeople.net](mailto:salexander@4allpeople.net) o (614)-445-7342, ext. 112

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