



August

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
	1 10:30am Nutrition & Wellness 11am Community Nutrition 1pm & 3:30pm Relaxation 4 All People	2 10:30am Wellness Wednesday Health Care Resource 11am-12pm: CareSource	3 10am Dance Class 10:30am Nutrition & Wellness	4 Health Care Resource 11am-1pm: UnitedHealthcare	5 Health Care Resource 9am-1pm: UnitedHealthcare
7 10am Health Education Club	8 10:30am Nutrition & Wellness 1pm & 3:30pm Relaxation 4 All People	9 Health Care Resource 11am-1pm: Anthem	10 10am Dance Class 10:30am Nutrition & Wellness 12pm Cooking Skills Class	11 12pm Intro to Alzheimer's & Dementia Health Care Resource 11am-1pm: UnitedHealthcare	12 Health Care Resource 9am-1pm: UnitedHealthcare
14 10am Health Education Club	15 10:30am Nutrition & Wellness 11am Community Nutrition 1pm & 3:30pm Relaxation 4 All People	16 10:30am Wellness Wednesday Health Care Resource 11am-12pm: CareSource	17 10am Dance Class 10:30am Nutrition & Wellness	18 12pm Food Preservation 101 Health Care Resource 11am-1pm: UnitedHealthcare	19 Health Care Resource 9am-1pm: UnitedHealthcare
21 10am Health Education Club	22 10:30am Nutrition & Wellness 1pm & 3:30pm Relaxation 4 All People	23 1pm-3pm SSTC Neighborhood Navigator 6pm Gardening Class	24 10am Dance Class 10:30am Nutrition & Wellness 12pm Cooking Skills Class	25 12pm Make and Take Pickles Health Care Resources 11am-1pm: UnitedHealthcare	26 Health Care Resource 9am-1pm: UnitedHealthcare
28 10am Health Education Club	29 10:30am Nutrition & Wellness 11am Community Nutrition 1pm & 3:30pm Relaxation 4 All People	30 10:30am Wellness Wednesday Health Care Resource 11am-12pm: CareSource	31 10am Dance Class 10:30am Nutrition & Wellness	<u>August is:</u> Don't Be a Bully Month International Peace Month National Black Business Month National Immunization Awareness Spinal Muscular Atrophy Awareness World Cancer Support Month	



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? Contact us:

HEAL Director: Jess Grady at jgrady@4allpeople.net or (614)-445-7342, ext. 112

HEAL Coordinator: Jetti Marroni at jmarroni@4allpeople.net or (614)-445-7342, ext. 110



Health Education Club: @10am-11am, 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-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.



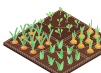
Relaxation 4 All People: @1pm-2pm & 3:30pm-4:30pm, every Tuesday, at the Connection Center, 911 Parsons Ave. Urban Zen Integrative Therapists guide with technique to help achieve rest, ease, levity, integration, and focus.



Community Nutrition: @11am-12pm, every other Tuesday, at the Connection Center, 911 Parsons Ave. Learn how to make healthy, tasty meals and try some samples.



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.



Gardening Class: @6pm-7pm, 2nd to last Wednesday 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 Jess Grady.**



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.



Cooking Skills Class: @12pm-1pm, every other Thursday, at the Church For All People, 946 Parsons Ave, room 231. Cook along with Registered Dietitian, Caitlyn Garner. Supplies provided. **Registration required, contact Jetti Marroni.**



Food Preservation 101 @ 12pm on Friday, August 18th, at the Connection Center, 911 Parsons Ave. Learn different ways to preserve your fruits, vegetables and herbs so you can eat them throughout the year.



Take & Make Pickles @ 12pm on Friday, August 25th, at the Church For All People, 946 Parsons Ave, room 231. Join a Registered Dietitian to learn how to pickle vegetables in your refrigerator. **Registration required, contact Jess Grady.**



Alzheimer's & Dementia Class: @12pm-1pm, second Friday of the month, at the Connection Center, 911 Parsons Ave. Learn about Alzheimer's and Dementia and get your questions answered by the Alzheimer's Association group.

Health Care Resources: Tuesday & Thursday @11am-1pm Molina; Wednesday @11am-12pm CareSource & @11am-1pm Anthem; Saturday @9am-1pm UnitedHealthcare, at the All People's Fresh Market, 945 Parsons Ave.