



# January

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
<b>January is:</b> <b>National Blood Donor Month (redcross.org)</b> <b>Mental Wellness Month</b>  <b>For more information on classes, events, and health resources, check back of calendar!</b>			2  <b>10am Women's Dance Class</b>  <b>10:30am Nutrition &amp; Wellness</b>	3	4
6  10am Health Education Club	<b>10:30am Nutrition &amp; Wellness</b>  <b>2:30pm Relaxation 4 All People</b>	8  1pm-3pm SSTC Community Outreach	9  <b>10am Women's Dance Class</b>  <b>10:30am Nutrition &amp; Wellness</b>	10  <b>10:15am Alzheimer's &amp; Dementia Class</b>	11
13  10am Health Education Club	14  <b>10:30am Nutrition &amp; Wellness</b>  <b>2:30pm Relaxation 4 All People</b>	15  <b>10:30am Wellness Wednesday</b>	16  <b>10am Women's Dance Class</b>  <b>10:30am Nutrition &amp; Wellness</b>	17	18
20  10am Health Education Club	21  <b>10:30am Nutrition &amp; Wellness</b>  <b>2:30pm Relaxation 4 All People</b>	22  1pm-3pm SSTC Community Outreach	23  <b>10am Women's Dance Class</b>  <b>10:30am Nutrition &amp; Wellness</b>	24	25
27  10am Health Education Club	28  <b>10:30am Nutrition &amp; Wellness</b>  <b>2:30pm Relaxation 4 All People</b>	29  <b>10:30am Wellness Wednesday</b>	30  <b>10am Women's Dance Class</b>  <b>10:30am Nutrition &amp; Wellness</b>	31	1



# 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 at [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 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: @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 dance. 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 Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.**

**Health Resources: Providing and connecting people to health care programs/insurance at the market. Molina on Tue and Thur 11am-5pm, CareSource on Wed 11am-12pm, Anthem on Wed 11am-1pm, Aetna on Wed 11am-1pm, UnitedHealthcare on Sat 9am-1pm.**

**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). Maryhaven: Helps people experiencing homelessness to find housing and treatment. Every other Fri, @11am-1pm at the market.**



# Enero

Todas las clases se imparten en Ingles



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

Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
<b>January is:</b> <b>National Blood Donor Month (redcross.org)</b> <b>Mental Wellness Month</b>  <b>For more information on classes, events, and health resources, check back of calendar!</b>			2  <b>10am Women's Dance Class</b>  <b>10:30am Nutrition &amp; Wellness</b>	3	4
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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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**Health Resources: Providing and connecting people to health care programs/insurance at the market.** Molina on Tue and Thur 11am-5pm, CareSource on every other Wed 11am-12pm, Humana every other Wed 1p-3p, United Healthcare every other Wed 1p-3p.

**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).**