



# Wednesdays

Stop by for a class on wellness,  
taught by Montoya Rogers a  
CareSource Representative. Those who  
join can shop in the market  
immediately following class!

**February 1st & 15th**  
**Class @10:30am - 10:45am**  
**Fresh Market: 945 Parsons Ave**

After the class, CareSource will be at the market  
from 11am-12pm.

