















August

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 @1:00 BLOOD PRESSURE SCREENINGS 	2	3	4 @10:00 Gluten Free Eating Class 	5
8	9	10 @11:00 Pet Food Day 	11 @10:00 Financial Wellness Event 	12 Back to School Event 3pm - 5:30pm 
15 @1:00 FOOD DEMO 	16	17	18 @11:00 SOUP-er Day! 	19 DIAPER DAY @11:00AM 
22	23	24 @1:00pm Parenting Class 	25 @10:00 Financial Wellness Event 	26 @11:00 BLOOD PRESSURE SCREENINGS 
29	30	31 @10:00 Community Nutrition Class 	1	2

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

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**



Gluten Free Eating Class @10:00 Thursday, August 4th

Join Jenny Lobb, OSU Extension Educator and Registered Dietitian to learn what gluten is, where it is found, and reasons why some people may need to go gluten-free. There will be food samples during the class, and attendees will get to take home quinoa. Must sign up ahead of time: www.heal4allpeople.org/linden-classes



Pet Food Giveaway: @11:00 Wednesday, August 10th

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



Financial Wellness Event @10:00 Thursday, August 11th & 25th

Join First Financial Bank for our free financial wellness event. Learn how to plan for your financial future and make financial decisions.



Back To School Event: 3:00-5:30pm Friday, August 12th

Join us for our back to school supplies event! We will have free school supplies, hot dogs, and goodies available. Students must be present.



Diaper Day: @11:00 Friday, August 19th

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



Parenting Class: @1:00 Wednesday, August 24th

Get suggestions to help teach your preschooler to separate from you calmly. For parents and caregivers of children 12 & under. Spots are limited, please sign up by emailing lindenmarket@4allpeople.net or at www.heal4allpeople.org/linden-classes



Community Nutrition Class: @10:00 Wednesday, August 31st

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. Topic: Benefits of Dairy & Tasting Watermelon Salad



Walk With A Doc: @10:00 Saturday, August 27th at the 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.