



HEAL CLASS SCHEDULE



CLASSES ARE FREE AND ALL ARE WELCOME!

MON

9am:

Meditation

Recording posted on website

11am:

Health Education Club

(Lunch Provided)
280 Reeb Ave

5:30pm:

Intervals Workout

911 Parsons Ave

TUES

11am:

SNAP-ED Nutrition

Bi-weekly
911 Parsons Ave

1pm & 6:15pm:

Relaxation 4 All People

911 Parsons Ave

WED

10:30am:

Wellness Wednesdays

Bi-weekly
945 Parsons Ave

11am:

Bingo

(Lunch Provided)
280 Reeb Ave

12pm:

ArtThrive Class

946 Parsons Ave

5:30pm:

Yoga

Monthly, May 25
911 Parsons Ave

THUR

10am:

Tai Chi

911 Parsons Ave

11am:

Coffee & Financial Conversation

Bi-weekly
911 Parsons Ave

12pm:

Cooking Skills Classes

RSVP Required
946 Parsons Ave

FRI

11am:

Lunch in Roots Cafe

280 Reeb Ave

11am:

Ask a Registered Dietitian

July 1st
945 Parsons Ave

SAT

9am:

Walk with a Doc

*Monthly
May 14th*
Schiller Park,
1069 Jaeger St.

For more information, visit HEAL4allpeople.org



The All People's Fresh Market offers delicious, fresh produce to everyone, free of charge.

The market's mission is to build community by sharing healthy, fresh food and bringing people together to engage in healthy living activities ranging from cooking classes to exercise sessions.

Most of the fresh food is provided from the Mid-Ohio Food Collective. Additionally, we receive locally grown produce from a variety of community gardens and nearby farms.

For more information, contact:

Jetti Marroni,

Healthy Eating and Living (HEAL) Coordinator
614-445-7342 ext. 110 jmarroni@4allpeople.net



Market Hours:

Tuesdays: 10am - 4pm

Wednesday - Friday: 11am - 5pm

Saturday: 9am - 1pm

Location: 945 Parsons Ave.

Columbus, Ohio 43206

**YOU CAN GET FOOD ONCE A DAY,
EVERYDAY THAT WE'RE OPEN.**