



Marzo

***Todas las clases se imparten en inglés**



Horario de mercado:
martes-viernes: 11am-5pm
sábado: 9am-1pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>March is:</u> Disability Awareness Month Kidney Month National Reading Month National Nutrition Month Women's History Month</p>		<p>1 ^{9am} Chair Yoga Canceled For All of March</p> <p>6:30pm Healing From Trauma</p>	<p>2 ^{10:30am} Nutrition & Wellness</p> <p>12pm Financial Wellness</p>	<p>3 ^{11am} Blood Pressure/Sugar Screenings 945 Parsons Ave</p> <p>12pm Wits Workout</p>	<p>4 Health Care Resource 9am-1pm: United Healthcare</p>
<p>6 10am Health Education Club</p>	<p>7 ^{10:30am} Nutrition & Wellness 1pm & 5pm Relaxation 4 All People</p>	<p>8 Happy International Women's Day 6:30pm Healing From Trauma</p>	<p>9 10:30am Nutrition & Wellness</p>	<p>10 ^{1pm} Reeb Center Financial Wellness Health Care Resources 11am-1pm: UnitedHealthcare</p>	<p>11 Health Care Resource 9am-1pm: United Healthcare</p>
<p>13 10am Health Education Club</p>	<p>14 ^{10:30am} Nutrition & Wellness Happy Pi Day 1pm & 5pm Relaxation 4 All People 3pm Community Nutrition</p>	<p>15 ^{10:30am} Wellness Wednesday 11am Pet Food Day 6:30pm Healing From Trauma</p>	<p>16 10:30am Nutrition & Wellness</p>	<p>17 ^{10am-12pm and 3pm-5pm} Blood Pressure/Sugar Screenings 946 Parsons Ave Happy St. Patrick's Day</p>	<p>18 Global Recycling Day Health Care Resource 9am-1pm: UnitedHealthcare</p>
<p>20 10am Health Education Club </p>	<p>21 ^{10:30am} Nutrition & Wellness ^{11am} Blood Pressure/Sugar Screenings 945 Parsons Ave 1pm & 5pm Relaxation 4 All People</p>	<p>22 1pm-3pm SSTC Neighborhood Navigator 6:30pm Healing From Trauma</p>	<p>23 10:30am Nutrition & Wellness</p>	<p>24 ^{12pm} National Nutrition Month 946 Parsons Ave Rm 231 1pm Financial Wellness @Reeb Center</p>	<p>25 ^{9am} Cooking Demos Health Care Resource 9am-1pm: UnitedHealthcare</p>
<p>27 10am Health Education Club</p>	<p>28 ^{10:30am} Nutrition & Wellness 1pm & 5pm Relaxation 4 All People 3pm Community Nutrition</p>	<p>29 ^{10:30am} Wellness Wednesday 6:30pm Healing From Trauma</p>	<p>30 ^{10am} Dance Class 10:30am Nutrition & Wellness</p>	<p>31 Health Care Resources 11am-1pm: United Healthcare</p>	



All People's Fresh Market

945 Parsons Ave.
Columbus, OH 43206

Healthy Eating and Living (HEAL) (Programa de Alimentación y Vida Sana) incluye el Mercado (All People's Fresh Market) y sus clases y eventos. El mercado ofrece productos frescos y deliciosos a familias con ingresos inferiores a 200% del nivel federal de pobreza, gratuitamente. Nuestros clases y eventos son gratuitos y todos son bienvenidos. Aprende más en nuestro sitio de web: www.heal4allpeople.org

Si UD tiene alguna pregunta, o le interesa colaborar con el Programa de Alimentación y Vida Sana para un evento o clase, o si le interesa hacerse voluntario, contacte a

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

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

Health Education Club: @10am, 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, Every Tuesday and Thursday, at the All People's Fresh Market, 945 Parsons Ave. A Molina Representative teaches health topics each class, those who join can shop immediately after class.



Community Nutrition: @3pm, Every Other Tuesday, at the Church For All People, 946 Parsons Ave, room 231. Learn how to make healthy, tasty meals and try samples.

Relaxation 4 All People: @1pm & 5pm, 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.



Chair Yoga: @9am, Every Wednesday, at the Church for All People, 946 Parsons Ave, room 221. Come experience chair yoga, a modification of yoga poses, while seated in a chair.

Wellness Wednesday: @10:30am, Every Other Wednesdays, at the All People's Fresh Market, 945 Parsons Ave. Stop by for a class on wellness. Those who join can shop immediately after class.



Pet Food Giveaway: @11am, First Wednesday of the Month, at the All People's Fresh Market, 945 Parsons Ave. Columbus Humane gives out free dog and cat food in the Market parking lot. **Limited supplies!**

Healing From Trauma: @6:30pm, Wednesdays, at the Church for All People, 946 Parsons Ave. "Trauma Informed Care, an approach to healing and recovery".



Dance Class: @10am, Every Thursday, at the Connection Center, 911 Parsons Ave. Class includes stretching, learning Middle Eastern music/rhythms, dance steps, and movements. A fun way to exercise.



Financial Wellness: @12pm, First Thursday of the Month, at the Connection Center, 911 Parsons Ave. Join us for snacks and coffee break! Learn about personal finances from an expert. Bring your questions.



Blood Pressure/Sugar Screenings: @11am, at the All People's Fresh Market, 945 Parsons Ave. OSU Nursing Students providing screenings. @10am-12pm & 3pm-5pm on 3/17, at the Church for All People, 946 Parsons Ave. Mt. Carmel Health Station providing screenings.



Wits Workout: @12pm, 1st Friday of the month, on 3/3, at the Church For All People, 946 Parsons Ave, room 231. A free engaging, interactive, and educational brain health program.

Reeb Center Financial Wellness: @1pm, Every Other Fridays, at Reeb Center Roots Café, 280 Reeb Ave. Have lunch with us while you learn about personal finances from an expert. Bring any questions you have.

Health Care Resources: @11am-12pm Wednesdays--CareSource; @11am-1pm Thursdays & @9am-1pm Saturdays--UnitedHealthcare, at the All People's Fresh Market, 945 Parsons Ave. **South Side Thrive Collaborative (SSTC)**

Neighborhood Navigator: @1pm-3pm Last Wednesday of the month. Connecting South Side Residents to resources. SouthSideThrive.org



Cooking Demos: @9am Every Other Saturdays, at the All People's Fresh Market 945 Parsons Ave. Come learn how to cook new healthy recipes you can add into your daily cooking.