

						1 p.m. – 3 p.m. Increase Cash Flow and Manage Debt workshop / Taller de Aumentar el Flujo de Efectivo y Manejar Deuda	1					
2	7 a.m. – 4 p.m. Notary services / Servicios notariales 11:30 a.m. – 12:30 p.m. Yoga for stress relief / Yoga para el estrés 12 p.m. – 2:30 p.m. Healthy Chef Cooking Class- English 6:30 p.m. – 7:30 p.m. Zumba	3	7 a.m. – 4 p.m. Notary services / Servicios notariales 6:30 p.m. – 7:30 p.m. Sana yoga	4	7 a.m. – 4 p.m. Notary services / Servicios notariales 10 a.m. – 12:30 p.m. Clases de Cocina Healthy Chef - Español 6:30 p.m. – 7:30 p.m. Zumba	5	7 a.m. – 4 p.m. Notary services / Servicios notariales 10 a.m. – 12 p.m. Fresh for Less - Mobile Market/Mercaditos 6:30 p.m. – 7:30 p.m. Sana yoga	6	7 a.m. – 4 p.m. Notary services / Servicios notariales	7	1 p.m. – 3 p.m. Preparing with proper protection workshop / Taller de preparándote con la protección adecuada	8
9	7 a.m. – 4 p.m. Notary services / Servicios notariales 10 a.m. – 12:30 p.m. Healthy Chef Cooking Class - English 6:30 p.m. – 7:30 p.m. Zumba	10	6:30 p.m. – 7:30 p.m. Sana yoga 	11	7 a.m. – 4 p.m. Notary services / Servicios notariales 10 a.m. – 12:30 p.m. Clases de Cocina Healthy Chef - Español 6:30 p.m. – 7:30 p.m. Zumba	12	7 a.m. – 4 p.m. Notary services / Servicios notariales 10 a.m. – 12 p.m. Fresh for Less - Mobile Market/Mercaditos 6:30 p.m. – 7:30 p.m. Sana yoga	13	7 a.m. – 4 p.m. Notary services / Servicios notariales	14		15
16	7 a.m. – 4 p.m. Notary services / Servicios notariales 11:30 a.m. – 12:30 p.m. Yoga for stress relief / Yoga para el estrés 6:30 p.m. – 7:30 p.m. Zumba	17	7 a.m. – 4 p.m. Notary services / Servicios notariales 6:30 p.m. – 7:30 p.m. Sana yoga	18	7 a.m. – 4 p.m. Notary services / Servicios notariales 6:30 p.m. – 7:30 p.m. Zumba	19	7 a.m. – 4 p.m. Notary services / Servicios notariales 10 a.m. – 12 p.m. Fresh for Less - Mobile Market/Mercaditos 6:30 p.m. – 7:30 p.m. Sana yoga	20	7 a.m. – 4 p.m. Notary services / Servicios notariales	21		22
23	7 a.m. – 4 p.m. Notary services / Servicios notariales 6:30 p.m. – 7:30 p.m. Zumba	24	7 a.m. – 4 p.m. Notary services / Servicios notariales 6:30 p.m. – 7:30 p.m. Sana yoga	25	7 a.m. – 4 p.m. Notary services / Servicios notariales 6:30 p.m. – 7:30 p.m. Zumba	26	- OFFICE CLOSED - - OFICINA CERRADA - 	27	- OFFICE CLOSED - - OFICINA CERRADA -	28		29

Free Sana yoga

- Classes are held in English and Spanish.
- Open to the community.
- Limited space available.
- **NO** child care.

Registration is required (arrive early for registration).

Sana yoga gratuito

- Clases disponibles en Inglés y en Español.
- Abierto a la comunidad.
- Espacio limitado.
- **NO** hay cuidado de niños

Registración es obligatorio (Llegar temprano para registrarse.)

Free zumba classes

- Classes are held in English and Spanish.
- Open to the community.
- Limited space available.
- **NO** child care.

Registration is required (arrive early for registration).

Clase de zumba gratis

- Clases disponibles en Inglés y en Español.
- Abierto a la comunidad.
- Espacio limitado.
- **NO** hay cuidado de niños

Registración es obligatorio (Llegar temprano para registrarse.)

Fresh for less - mobile market

Mobile Markets - tasty, healthy, close by.

Farmshare Austin's Fresh for Less Mobile Markets bring locally grown produce and other healthy grocery items at reduced prices to you.

All markets accept Lone Star, SNAP, P-EBT, Credit Card, Debit Card, and cash payments. Get double the amounts you spend on fresh produce with Double Up Food Bucks for an even greater value.

Questions?

Contact foodaccess@farmshareaustin.org or visit online: farmshareaustin.org/food-access

Fresh for less - mercaditos

Mercados móviles: sabrosos, sanos y cercanos.

Los mercados móviles Fresh for Less de Farmshare Austin le traen productos cultivados localmente y abarrotes saludables a precios reducidos.

Todos los mercados aceptan Lone Star, SNAP, P-EBT, tarjeta de crédito, tarjeta de débito y pagos en efectivo. Obtenga el doble de lo que gasta en productos frescos con Double Up Food Bucks para un valor aún mayor.

¿Tiene preguntas?

Contacte foodaccess@farmshareaustin.org o visite en línea: farmshareaustin.org/food-access

Free yoga classes for stress relief

Manage stress and anxiety with Sana Yoga. Explore techniques to enhance self-awareness, improve digestion, along with community support.

Sana Yoga strives to provide a safe, inclusive and accessible space for the Latinx community to practice yoga. Sana Yoga supports the community through movement, education, mental health resources and community collaboration.

For inquiries, contact Leonor Dominguez at 512.978.8250.

Clases de yoga gratis para el alivio del estrés

Maneje el estrés y la ansiedad con Sana Yoga. Explora técnicas de conectarte contigo mismo/a, mejora su digestión, la autoconciencia con el apoyo comunitario.

Sana Yoga busca en proporcionar un espacio seguro, inclusivo y accesible para la comunidad Latinx para practicar yoga. Sana Yoga apoya a la comunidad a través del movimiento, la educación, los recursos de salud mental y la colaboración comunitaria.

Para más información, contacte Leonor Dominguez al 512.978.8250.

Free Healthy Chef cooking class

Improve your health in a fun way.

- Learn new healthy recipes
- Classes are led by CommUnityCare's registered dietitians.
- Space is limited
- Must register at 512.978.9269.

Clases de Cocina Healthy Chef gratis

Mejora tu salud de una manera divertida.

- Prende nuevas recetas saludables.
- Las clases son dirigidas por los dietistas registrados de CommUnityCare.
- Espacios es limitado
- Debe registrarse al 512.978.9269.

Notary services - By appointment only.

Notary Services available for more information call Jesus Chavez 512.978.8301

Servicios notariales - Sólo con cita previa.

Servicios notariales disponible para más información llamar a Jesus Chavez al 512.978.8301.

Free Financial Literacy Workshops

November 1, Increase Cash Flow & Manage Debt: Find out where your money is going
November 8, Preparing with Proper Protection: Why proper protection is the foundation

Talleres gratuitos de educación financiera

1 de noviembre, Aumentar el Flujo de Efectivo y Manejar la Deuda: Averigüe a dónde va tu dinero.
8 de noviembre, Preparándote con la Protección Adecuada: Por qué la protección adecuada es la base.