

SUN./DOM.	MON./LUN.	TUES./MAR.	WED./MIER.	THURS./MIER.	FRI./VIER.	SAT./SAB.
		7 a.m.–4 p.m. Notary services/ Servicios notariales 12 p.m.–1:30 p.m. Sana yoga - stress management/manejo de estrés 5:30–6:30 p.m. Movement is Medicine Class/ Clases de el movimiento es medicina 6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services/ Servicios notariales 10 a.m.–12:30 p.m. Clases de Healthy Chef en Español 6:30–7:30 p.m. Zumba Toning	7 a.m.–4 p.m. Notary services / Servicios notariales 6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services / Servicios notariales	9–10 a.m. Zumba 10–11 a.m. Sana yoga
6	- OFFICE CLOSED - - OFICINA CERRADA - 	7 a.m.–4 p.m. Notary services/ Servicios notariales 5:30–6:30 p.m. Movement is Medicine Class/ Clases de el movimiento es medicina 6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services/ Servicios notariales 6:30–7:30 p.m. Zumba Toning	7 a.m.–4 p.m. Notary services / Servicios notariales 10 a.m.–12 p.m. Fresh for Less - Mobile Market/Mercaditos 6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services / Servicios notariales	9–10 a.m. Zumba 10–11 a.m. Sana yoga
13	7 a.m.–4 p.m. Notary services / Servicios notariales 12–2:30 p.m. Healthy Chef classes in English 6:30–7:30 p.m. Zumba	7 a.m.–4 p.m. Notary services/ Servicios notariales 5:30–6:30 p.m. Movement is Medicine Class/ Clases de el movimiento es medicina 6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services/ Servicios notariales 10 a.m.–12:30 p.m. Clases de Healthy Chef en Español 6:30–7:30 p.m. Zumba Toning	7 a.m.–4 p.m. Notary services / Servicios notariales 10 a.m.–12 p.m. Fresh for Less - Mobile Market/Mercaditos 6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services / Servicios notariales	9–10 a.m. Zumba 10–11 a.m. Sana yoga
20	7 a.m.–4 p.m. Notary services / Servicios notariales 12–2:30 p.m. Healthy Chef classes in English 6:30–7:30 p.m. Zumba	7 a.m.–4 p.m. Notary services/ Servicios notariales 12–1 p.m. HAAM Music Festival / Festival de musica por HAAM 5:30–6:30 p.m. Movement is Medicine Class/ Clases de el movimiento es medicina 6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services/ Servicios notariales 10 a.m.–12:30 p.m. Clases de Healthy Chef en Español 6:30–7:30 p.m. Zumba Toning	7 a.m.–4 p.m. Notary services / Servicios notariales 10 a.m.–12 p.m. Fresh for Less - Mobile Market/Mercaditos 6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services / Servicios notariales	9–10 a.m. Zumba 10–11 a.m. Sana yoga
27	7 a.m.–4 p.m. Notary services / Servicios notariales 12–2:30 p.m. Healthy Chef classes in English 6:30–7:30 p.m. Zumba	7 a.m.–4 p.m. Notary services/ Servicios notariales 5:30–6:30 p.m. Movement is Medicine Class/ Clases de el movimiento es medicina 6:30–7:30 p.m. Sana yoga				

Free Sana yoga | Tuesday and Thursday 6:30–7:30 p.m., Saturday 10–11 a.m.
Sana yoga: Stress management, first Tuesday of the month, 12–1:30 p.m.

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

Class variations: Adaptive yoga, Tai Chi, chair yoga, yoga for stress management, and yoga for kids.
Registration is required (arrive early for registration).

Sana yoga gratis | Martes y jueves, 6:30–7:30 p.m., sábados 10–11 a.m.
Sana yoga: Manejo del estrés, primer martes del mes, 12–1:30 p.m.

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

Variaciones de clases: Yoga adaptada, Tai Chi, yoga de silla, yoga para el manejo de estrés y yoga para niños. **Registración es obligatorio** (Llegar temprano para registrarse.)

Free Zumba | Monday and Wednesday 6:30–7:30 p.m., Saturday 9–10 a.m.

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

Class variation: Zumba Toning. **Registration is required** (arrive early for registration).

Zumba gratis | Lunes y miércoles 6:30–7:30 p.m., sábados 9–10 a.m.

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

Variación de clase: Zumba para tonar. **Registración es obligatorio** (Llegar temprano para registrarse.)

Fresh for less-Mobile Markets | Thursday 10 a.m.–12 p.m.

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

Mercaditos-Fresh for less | Jueves, 10 a.m.–12 p.m.

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

Notary services | Monday–Friday, 7 a.m.–4 p.m.

By appointment only.

Notary Services available for more information call Jesus Chavez 512.978.8301

Servicios notariales | Lunes a viernes, 7 a.m.–4 p.m.

Sólo con cita previa.

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

Free Healthy Chef cooking class | Monday, 12–2:30 p.m.

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 | Miércoles, 10 a.m.–12:30 p.m.

Mejora tu salud de una manera divertida.

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

Movement is Medicine | Tuesday 5:30–6:30 p.m.

Stay active and train with personalized exercises in a supportive and fun environment.
Receive free weight, blood pressure, and heart rate screenings.

Movimiento es medicina | Martes, 5:30–6:30 p.m.

Mantente activo y entrena con ejercicios personalizados en un ambiente lleno de apoyo y diversión.
Recibe exámenes de peso, presión arterial y ritmo cardíaco.

HAAM Day Music Festival | Tuesday, September 22, 12–1 p.m.

Join us for the world's largest one-day all-local music festival, featuring 200+ live performances at 100+ venues around town, from 400+ musicians to raise awareness and funds for HAAM!

Festival Musical de HAAM | Martes, 22 de septiembre, 12–1 p.m.

Únete al festival de música local de un solo día más grande del mundo, con más de 200 presentaciones en vivo en más de 100 escenarios de toda la ciudad y la participación de más de 400 músicos, para recaudar fondos y crear conciencia en apoyo a HAAM