

MAY 2024 Support Groups & Events



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--------|----------|
| | | | 1 | 2 | 3 | 4 |
| Questions? RSVP? Contact Jen at (216) 778-4051 jmsmith@metrohealth.org | You do NOT need to be a MetroHealth patient to attend groups or events | Bus ticket or parking validation provided. Please join us | | Yoga – 10:00 a.m. MetroHealth Glick meditation room | NO 50+ | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | Open Group 1:00 – 2:30 p.m. Social Work Office Lunch Provided | Taco Tuesday For people around 30 or younger 5:00 - 7:00 p.m. Dermatology lobby | | Yoga – 10:00 a.m. MetroHealth Glick meditation room Knitting 11:15-12:45 Outside of meditation rm | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | Ice Cream Social 4:30 – 6:00 p.m. Mitchell's Homemade 1867 W. 25 th St. | | WOW @noon Metro Social Work Lunch provided | Yoga – 10:00 a.m. MetroHealth Glick meditation room Plant Club – 11:30am Call Emily 216-778-2818 | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | Open Group 1:00 – 2:30 p.m. Social Work Office Lunch Provided | Taco Tuesday For people around 30 or younger 5:00 - 7:00 p.m. Dermatology lobby | | Yoga – 10:00 a.m. MetroHealth Glick meditation room | | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | | Yoga – 10:00 a.m. MetroHealth Glick meditation room | | |