

April 2025 Support Groups & Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				Yoga – 10:00 a.m. MetroHealth Glick meditation room	50++ 12:00 – 1:30 p.m. <i>Via Sana</i> 2450 MetroHealth Dr	
6	7	8	9	10	11	12
	Open Group 1:00p - 2:30p <i>Via Sana</i> 2450 MetroHealth Dr.	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		
13	14	15	16	17	18	19
			WOW 12:00 – 1:30 p.m. <i>Via Sana</i> 2450 MetroHealth Dr	Yoga – 10:00 a.m. MetroHealth Glick meditation room		
20	21	22	23	24	25	26
	Open Group 1:00p - 2:30p <i>Via Sana</i> 2450 MetroHealth Dr.	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		
27	28	29	30			
				Questions? RSVP? Contact Jen at (216) 778-4051 jmsmith@metrohealth.org	FREE meal provided at most groups	Bus ticket or parking validation provided.