

# August 2025 Support Groups & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					<b>50++</b> 12:00 – 1:30 p.m. <i>Via Sana 3335 W. 25th Street.</i> <b>Special guest speaker on nutrition</b>	
3	4	5	6	7	8	9
	<b>Open Group</b> 1:00p - 2:30p Via Sana 3335 W. 25th Street	<b>Taco Tuesday</b> For people around 30 or younger 5:00 - 7:00 p.m. Dermatology lobby		<b>Yoga</b> – 10:00 a.m. MetroHealth Glick meditation room		
10	11	12	13	14	15	16
				<b>Yoga</b> – 10:00 a.m. MetroHealth Glick meditation room <b>Knitting</b> 11:15-12:30 Outside of meditation rm		
17	18	19	20	21	22	23
	<b>Open Group</b> 1:00p - 2:30p Via Sana 3335 W. 25th Street	<b>Taco Tuesday</b> For people around 30 or younger 5:00 - 7:00 p.m. Dermatology lobby	<b>WOW</b> 12:00 – 1:30 p.m. Via Sana 3335 W. 25th Street	<b>Yoga</b> – 10:00 a.m. MetroHealth Glick meditation room		
24	25	26	27	28	29	30/31
			FREE meal provided at most groups	<b>Yoga</b> – 10:00 a.m. MetroHealth Glick meditation room	<b>Questions? RSVP?</b> <b>Contact Jen at</b> <b>(216) 778-4051</b> <a href="mailto:jmsmith@metrohealth.org">jmsmith@metrohealth.org</a>	Bus ticket or parking validation provided