

December 2025 Support Groups & Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	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 Peds Party Invitation only Children's Museum	50++ 12:00 – 1:30 p.m. <i>Via Sana</i> 2450 MetroHealth Dr Geriatric Pharmacy Presentation	
7	8	9	10	11	12	13
				Yoga – 10:00 a.m. MetroHealth Glick meditation room Knitting 11:15-12:45 Outside of meditation rm		
14	15	16	17	18	19	20
	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	WOW 12:00 – 1:30 p.m. <i>Via Sana</i> 2450 MetroHealth Dr	Yoga – 10:00 a.m. MetroHealth Glick meditation room		
21	22	23	24	25	26	27
				Closed for Holidays		
28	29	30	31			
				FREE meal provided at most groups	Questions? RSVP? Contact Jen at (216) 778-4051 jmsmith@metrohealth.org	Bus ticket or parking validation provided