

# November 2025 Support Groups & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Bus ticket or parking validation provided.  FREE meal provided at most groups	You do NOT need to be a MetroHealth patient to attend groups or events	Questions? RSVP? Contact Jen at (216) 778-4051 jmsmith@metrohealth.org				
2	3	4	5	6	7	8
	<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	<b>50++</b> 12:00 – 1:30 p.m. <i>Via Sana</i> 3335 W. 25th Street	
9	10	11	12	13	14	15
				<b>Yoga</b> – 10:00 a.m. MetroHealth Glick meditation room <b>Knitting</b> 11:15-12:30 Outside of meditation room		
16	17	18	19	20	21	22
	<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		
23	24	25	26	27	28	29/30
				Closed for the holidays		