

SEPTEMBER 2025 Support Groups & Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	No Open Group Labor Day!	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	50++ 12:00 – 1:30 p.m. <i>Via Sana</i> 3335 W. 25th Street	
7	8	9	10	11	12	13
				Yoga – 10:00 a.m. MetroHealth Glick meditation room Knitting 11:15-12:30 Outside of meditation room		
14	15	16	17	18	19	20
	Annual Zoo Trip 1:00pm meet @ gate. No lunches provided this year	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> 3335 W. 25th Street	Yoga – 10:00 a.m. MetroHealth Glick meditation room		
21	22	23	24	25	26	27
				Yoga – 10:00 a.m. MetroHealth Glick meditation room		
28	29	30				
		Spiritual Retreat 11:30a-5:00p <i>Via Sana</i> 3335 W. 25th Street Registration Req.		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