

# April 2026 Support Groups & Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<b>Questions? RSVP? Contact Jen at</b> (216) 778-4051 jmsmith@metrohealth.org	FREE meal provided at most groups	Bus ticket or parking validation provided.		Yoga – 10:00 a.m. MetroHealth Glick meditation room	<b>50++</b> 12:00 – 1:30 p.m. Franklin Circle Church 1688 Fulton Rd., CLE Lunch Provided	
5	6	7	8	9	10	11
	<b>Open Group</b> 1:00p - 2:30p <i>Via Sana</i> 3335 W. 25 <sup>th</sup> 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. <i>Via Sana</i> 3335 W. 25 <sup>th</sup> Street.	Yoga – 10:00 a.m. MetroHealth Glick meditation room <b>Knitting</b> 11:15-12:45 Outside of meditation rm		
12	13	14	15	16	17	18
		<b>OWLS Cooking Class</b> <u>60+ ONLY</u> 12:00 - 1:30 p.m. RSVP with required Rob 216-233-8022		Yoga – 10:00 a.m. MetroHealth Glick meditation room		
19	20	21	22	23	24	25
	<b>Open Group</b> 1:00p - 2:30p <i>Via Sana</i> 3335 W. 25 <sup>th</sup> Street	<b>Taco Tuesday</b> For people around 30 or younger 5:00 - 7:00 p.m. Dermatology lobby		Yoga – 10:00 a.m. MetroHealth Glick meditation room		
26	27	28	29	30		
				Yoga – 10:00 a.m. MetroHealth Glick meditation room		