

# August 2026 Support Groups & Events



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