

# July 2026 Support Groups & Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
FREE meal provided at most groups	Questions? RSVP? Contact Jen at (216) 778-4051 jmsmith@metrohealth.org	Bus ticket or parking validation provided		Yoga – 10:00 a.m. MetroHealth Glick meditation room	NO 50+ CLOSED	
5	6	7	8	9	10	11
	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. Dermatology lobby		Yoga – 10:00 a.m. MetroHealth Glick meditation room Knitting 11:15-12:30 Outside of meditation rm		
12	13	14	15	16	17	18
			WOW 12:00 – 1:30 p.m. Via Sana 3335 W. 25th Street	Yoga – 10:00 a.m. MetroHealth Glick meditation room		
19	20	21	22	23	24	25
	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. Dermatology lobby		Yoga – 10:00 a.m. MetroHealth Glick meditation room		
26	27	28	29	30	31	
				Yoga – 10:00 a.m. MetroHealth Glick meditation room Picnic 12-4pm at Lakewood Park 14532 Lake Ave. Please bring a side or dessert to share if you are able		