

October 2026 Support Groups & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
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	50++ 12:00 – 1:30 p.m. Via Sana 3335 W. 25th Street. Guest speaker- Dr. Pearman	
4	5	6	7	8	9	10
	Annual Zoo Trip 12:00pm meet @ gate. -Lunch is provided -Bring ID/DL. Free entry applies to Cuyahoga County residents Only	Taco Tuesday For people around 30 or younger 4:30p – 6:30p 1st floor OPHC Community Lounge		Yoga – 10:00 a.m. MetroHealth Glick meditation room Knitting 11:15-12:30 Outside of meditation rm		
11	12	13	14	15	16	17
				Yoga – 10:00 a.m. MetroHealth Glick meditation room		
18	19	20	21	22	23	24
	Open Group 1:00p - 2:30p Via Sana 3335 W. 25th Street	Taco Tuesday For people around 30 or younger 4:30p – 6:30p 1st floor OPHC Community Lounge	WOW 12:00 – 1:30 p.m. Via Sana 3335 W. 25th Street	Yoga – 10:00 a.m. MetroHealth Glick meditation room		
25	26	27	28	29	30	31
				Yoga – 10:00 a.m. MetroHealth Glick meditation room		Happy Halloween!