

SEPTEMBER 2026 Support Groups & Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Taco Tuesday For people around 30 or younger 4:30p – 6:30p 1 st floor OPHC Community Lounge		Yoga – 10:00 a.m. MetroHealth Glick meditation room	50++ 12:00 – 1:30 p.m. <i>Via Sana</i> 3335 W. 25th Street	
6	7	8	9	10	11	12
	No Open Group Labor Day			Yoga – 10:00 a.m. MetroHealth Glick meditation room Knitting 11:15-12:30 Outside of meditation room		
13	14	15	16	17	18	19
		Taco Tuesday For people around 30 or younger 4:30p – 6:30p 1 st floor OPHC Community Lounge	WOW 12:00 – 1:30 p.m. <i>Via Sana</i> 3335 W. 25th Street	Yoga – 10:00 a.m. MetroHealth Glick meditation room		
20	21	22	23	24	25	26
	Open Group 1:00p - 2:30p <i>Via Sana</i> 3335 W. 25th Street	Spiritual Retreat 11:30a-7:00p 5629 State Rd. Parma, Ohio Registration Req.		Yoga – 10:00 a.m. MetroHealth Glick meditation room		
27	28	29	30			
				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