

March 2026 Support Groups & Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Open Group 1:00p - 2:30p <i>Via Sana</i> 3335 W. 25 th 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 11:15-12:45 Outside of meditation rm	50++ 12:00 – 1:30 p.m. <i>Via Sana</i> 2450 MetroHealth Dr. Guest speaker- Geriatric Pharmacist	
8	9	10	11	12	13	14
		OWLS Cooking Class 60+ ONLY 12:00 - 1:30 p.m. RSVP with required Rob 216-233-8022		Yoga – 10:00 a.m. MetroHealth Glick meditation room No Knitting.		
15	16	17	18	19	20	21
	Open Group 1:00p - 2:30p <i>Via Sana</i> 3335 W. 25 th Street	Taco Tuesday For people around 30 or younger 5:00 - 7:00 p.m. Dermatology lobby	WOW 12:00 – 1:30 p.m. <i>Via Sana</i> 3335 W. 25 th Street.	Yoga – 10:00 a.m. MetroHealth Glick meditation room		
22	23	24	25	26	27	28
				Yoga – 10:00 a.m. MetroHealth Glick meditation room		
29	30	31				
			Bus ticket or parking validation provided.	FREE meal provided at most groups.	Questions? RSVP? Contact Jen at (216) 778-4051 jsmith@metrohealth.org	