

April 2026 Support Groups & Events



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Questions? RSVP? Contact Jen at (216) 778-4051 jmsmith@metrohealth.org	FREE meal provided at most groups	Bus ticket or parking validation provided.		Yoga – 10:00 a.m. MetroHealth Glick meditation room	50++ 12:00 – 1:30 p.m. <i>Via Sana</i> 3335 W. 25 th Street	
5	6	7	8	9	10	11
	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 Knitting 11:15-12:45 Outside of meditation rm		
12	13	14	15	16	17	18
		OWLS Cooking Class <u>60+ ONLY</u> 12:00 - 1:30 p.m. RSVP with required Rob 216-233-8022		Yoga – 10:00 a.m. MetroHealth Glick meditation room		
19	20	21	22	23	24	25
	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		
26	27	28	29	30		
				Yoga – 10:00 a.m. MetroHealth Glick meditation room		