<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>1 10:30 Open Heart Class 12:30 Get Connected 2:30 Hope After Stroke 5:00 Life with MS 6:00 MS Lecture</td>
<td>2 11:00 Neuro Yoga – Chair 12:30 Neuro Yoga – Floor 2:00 Neuro Yoga – 6 wk class 4:30 BH Family Support Group</td>
<td>3 10:30 Open Heart Class 10:30-2:30 10 Minute Chair Massages 1:00 Get Connected Check-In 1:00 Pre-Op Spine Class 2:30 Hope After Stroke 6:00 Pre-Op Spine Class 6:00 Adult Epilepsy Support Grp</td>
<td>4 Dempsey Center Closed for Independence Day</td>
<td>5 10:30 Open Heart Class 1:00 Cognitive Fitness-Train the Brain 2:30 Hope After Stroke</td>
<td>6 Open 11am-4pm – Walk-ins Welcome!</td>
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<td>8 10:30 Open Heart Class 2:30 Hope After Stroke 5:00 Public Speaking Group</td>
<td>9 11:00 Neuro Yoga – Chair 12:30 Neuro Yoga – Floor 2:00 Neuro Yoga – 6 wk class 4:30 BH Family Support Group 6:00 Depression Support Group For Neuro Patients and Caregivers</td>
<td>10 10:30 Open Heart Class 10:30-2:30 10 Minute Chair Massages 12:00 Art Therapy 1:00 Pre-Op Spine Class 2:30 Hope After Stroke 6:00 Pre-Op Spine Class 6:00 Young Adult Epilepsy Support Grp</td>
<td>11 10:00 Neuro Yoga – Floor 11:30 Communication Group 1:00 Music Therapy 2:00 Neuro Choir 4:00 Restorative Yoga 6:00 TBI Support Group</td>
<td>12 Stroke Survivors’ Club 10:30 Open Heart Class 1:00 Cognitive Fitness-Train the Brain 2:30 Hope After Stroke</td>
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<td>15 10:30 Open Heart Class 1:00 ALS Caregiver Support 2:30 Hope After Stroke</td>
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<td>29 10:30 Open Heart Class 12:30 Get Connected 2:30 Hope After Stroke 6:30 Epilepsy Parent/TASSELS</td>
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1st Floor Silver Tower across from Starbucks-- ALL CLASSES & SUPPORT GROUPS ARE FREE & PARKING IS VALIDATED
Art Therapy – 2nd & 4th Wednesday: Art therapy is a powerful means to provide healing qualities for the mind and body. Artistic skills are not needed. 1.5 hours

Behavioral Health Family Support Group – Every Tuesday: For adult (18+) family members of patients w/ mental health diagnoses. Support & resources provided. 1 hr

ALS Caregiver Support Group – 3rd Monday: Connect with other ALS caregivers. Conference line. Call in number 1-877-643-6951 participant code 2668812#. 1 hour

Caregiver Support Group – 3rd Thursday 2:00: Connect with other caregivers. Call to inquire about companionship and socialization for care receiver. 1 hr

Stroke Survivor’s Caregiver Support Group – 3rd Thursday 6:00: Connect with other caregivers. 1 hour

Chair Massage – Every Wednesday: Call or stop by to schedule a free chair massage.

Cognitive Fitness-Train the Brain – 6 week series covering the main domains of cognition (memory, attention, problem solving, executive functions). 1 hour

Communication Group – Every Thursday: Adults w/ neurological disorders & caregivers meet for social interaction, support & break down communication barriers. 1.5 hours

Depression Support Group – 4th Thursday: The group offers support and education for people dealing with depression. 1.5 hours

Depression Support Group For Neuro Patients & Caregivers – 2nd Tues – Support & education for neuro patients & family dealing with depression. 1.5 hrs

Epilepsy Adult Support Group – 1st Wednesday: Gathering of adults, families & caregivers to share tips, mutual concerns, common issues, challenges and successes. 2 hrs

Epilepsy Young Adult Support Group – 2nd Wednesday: For those 18 to 30 to meet & connect with others their age that may be experiencing the same challenges. 2 hrs

Epilepsy Parent Support Group – Last Monday: A gathering for parents/guardians of children with epilepsy to share tips, mutual concerns challenges and successes. 1.5 hr

Epilepsy TASSELS Support Group – Last Mon: For those 10 to 17 to meet & connect with others their age experiencing the same challenges. Bring a friend/sibling. 1.5 hrs

GBS/CIDP Support Group – Guillain-Barre Syndrome Support Group. 2 hours

Get Connected- Mondays: 6-week program that will put you in charge of your health and wellness and help you learn to better manage your mental health. 2 hours

Get Connected Check-In: 1st Wednesday 1:00. Follow-up for participants to keep each other motivated to reach their goals set in Get Connected. 1 hour

Hope After Stroke – M-W-F: Learn the basics • Receive reinforcement of education you are receiving from your care team • Receive support and resources • Interact with RN & Social Worker. 1 hour

Living With MS – 1st Monday: A group with anyone living with MS. Care Partners are welcome to attend. Will provide education, resources and support. 1 hour

MS Lecture Series – MS and Mood – 1st Monday – Topics change each month. 1 hr

MS Lunch and Learn – Enjoy a light lunch while expanding your support system and knowledge of MS and community resources. 1 hour

Music Therapy – 2nd & 4th Thursday 1:00

Neuro Choir – 1st & 3rd Thursday 1:00; 2nd & 4th Thursday 2:00

To help improve physical and mental health through music. 1 hour

Myasthenia Gravis Support Group – 2nd Saturday: Support for those living with MG and their support persons. Focusing on new research/drug updates, community resources, positive self-care, and peer support. 1.5 hours **No meeting in July.

Neuro Yoga - 6 Week series: Mixed level class. Led by a Physical Therapist, certified in yoga.

Neuro Yoga Floor – Classes for those with experience and can get down & up off the floor.

Neuro Yoga Chair – Classes for those who can’t get on the floor.

Restorative Yoga – Classes for those with experience who can get down on the floor 1.5 hours

Yoga classes are 1 hour except Restorative. Call for more information.

Open Heart Surgery Class – M-W-F: What to expect before & after surgery. 2 hours

Pre-Op Spine Class – Every Wednesday: What to expect with surgery and after surgery. 1 hr

Public Speaking Group – 2nd Monday 5:00-6:30pm – An opportunity for individuals with neurological conditions to practice their public speaking skills. 1.5 hrs

Stroke Survivor Support Group (SWAT) – 1st Tuesday: Group for adults who have had a stroke and their caregivers. 1.5 hours

Stroke Survivors’ Club- 2nd Friday: Group for Stroke Survivors ages 18-55 and their caregivers. Discussions include parenting, career, relationships, physical struggles and triumphs. 1.5 hrs

Children of Stroke Survivor’s Support Group – 4th Saturday: This group offers an opportunity to connect with others, participate in discussion and engage in activities. 1 hour

TBI Support Group – 2nd Thursday: Community group led by the OhioHealth Rehabilitation Hospital to improve the outlook, knowledge, awareness and self-advocacy of TBI survivors. Caregivers welcome. 1.5 hours

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