

Art Therapy – 2<sup>nd</sup> Wednesday in person only and 4<sup>th</sup> Wednesday – in person and virtual

<https://ohiohealth.webex.com/join/dempseycenter>

Meeting number (access code): 736 294 987

ALS Caregiver Support Group – 3<sup>rd</sup> Monday: - offered in person and virtual

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Book Club – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday – in person and virtual

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Caregiver Support Group – 3<sup>rd</sup> Thursday: in person and virtual

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Meeting number (access code): 736 294 987

Stroke Survivor's Caregiver Support Group – 3<sup>rd</sup> Thursday - virtual

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Chair Massage – Every Thursday: Call or stop by to schedule a free 10 minute chair massage.

Communication Group –Every Thursday In-person and virtual

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Epilepsy Adult Support Group – 1<sup>st</sup> Wednesday In-person

Epilepsy Parent Group – Last Monday Virtual only see weekly email for zoom meeting info

Epilepsy Virtual Support Group – 4<sup>th</sup> Wednesday see weekly email for zoom info Virtual only

Epilepsy Art Group - In-person

Healthy Habits for a Healthy You – Thursdays Virtual only

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Huntington's Disease Hope After Stroke – Monday, Wednesday, Friday – In-person only

MS Virtual Support Squad – 3<sup>rd</sup> Monday – virtual only

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Music Therapy – 1<sup>st</sup> – 4<sup>th</sup> Thursdays – In-person and virtual

Neuro Choir – 1<sup>st</sup> – 4<sup>th</sup> Thursdays – In-person and virtual

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Myasthenia Gravis Support Group – 3<sup>rd</sup> Monday – in person and virtual

Neuro Yoga Mixed Level class – Tuesdays *Paperwork required to attend in person or virtual.*

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Parkinson's Disease Support Group – 2<sup>nd</sup> Wednesday virtual only

<https://ohiohealth.zoom.us/j/91383357289?pwd=VVpkTm9FdFJnNWxxZzFtVWhBaEZyd09>

Meeting ID: 913 8335 7289 Passcode: 654170

Parkinson's Disease Support Group – 4<sup>th</sup> Thursday at the OhioHealth Neuro Wellness Center (NWC) located at 785 McConnell Drive, Columbus, OH 43214 in person only

PSP, CBD & MSA Support Group – 1<sup>st</sup> and 3<sup>rd</sup> Saturday: Virtual only To register

[centralohiopsgroup@gmail.com](mailto:centralohiopsgroup@gmail.com)

Pre-Op Spine Class – 1<sup>st</sup> 3<sup>rd</sup> & 5<sup>th</sup> Monday @ 1pm in-person; 2<sup>nd</sup> & 4<sup>th</sup> Monday @ 1pm and 1<sup>st</sup> & 3<sup>rd</sup> Tuesday @ 5:30pm virtual; Registration required. Virtual class link provided upon registration.

Stroke Survivor Support Group – 1<sup>st</sup> Tuesday: Virtual and in-person - Registration required.

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Young Adult Stroke Survivors' Club (18-55)- 2<sup>nd</sup> Friday: If attending in person - Registration required.

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Tai Chi for Balance and Fall Prevention – 6 week class – *Paperwork required to attend in person or virtual.* <https://ohiohealth.webex.com/join/dempseycenter>

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Train the Brain – Fridays – 6-week class – In-person – registration required. Call for info.

TBI Support Group – 2<sup>nd</sup> Thursday: Virtual and In person

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