Art Therapy – 2nd Wednesday in person only and 4th Wednesday – in person and virtual
https://ohiohealth.webex.com/join/dempseycenter
Meeting number (access code): 736 294 987

ALS Caregiver Support Group – 3rd Monday: - offered in person and virtual
https://ohiohealth.webex.com/join/dempseycenter
Meeting number (access code): 736 294 987

Book Club – 1st & 3rd Wednesday – in person and virtual
https://ohiohealth.webex.com/join/dempseycenter
Meeting number (access code): 736 294 987

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

Communication Group – Every Thursday In-person and virtual
https://ohiohealth.webex.com/join/dempseycenter
Meeting number (access code): 736 294 987

Epilepsy Adult Support Group – 1st Wednesday In-person

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

Epilepsy Virtual Support Group – 4th Wednesday see weekly email for zoom info Virtual only

Epilepsy Art Group – In-person

Healthy Habits for a Healthy You – Thursdays Virtual only
https://ohiohealth.webex.com/join/dempseycenter
Meeting number (access code): 736 294 987

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

MS Virtual Support Squad – 3rd Monday – virtual only
https://ohiohealth.webex.com/join/dempseycenter
Meeting number (access code): 736 294 987

Music Therapy – 1st – 4th Thursdays – In-person and virtual

Neuro Choir – 1st – 4th Thursdays – In-person and virtual
https://ohiohealth.webex.com/join/dempseycenter
Meeting number (access code): 736 294 987

Myasthenia Gravis Support Group – 3rd Monday – in person and virtual

Neuro Yoga Mixed Level class – Tuesdays Paperwork required to attend in person or virtual.
https://ohiohealth.webex.com/join/dempseycenter
Meeting number (access code): 736 294 987

Parkinson’s Disease Support Group – 2nd Wednesday virtual only
https://ohiohealth.zoom.us/j/91383357289?pwd=VVPkTm9FdJnNWxxZzFtvVhBaEZydz09
Meeting ID: 913 8335 7289 Passcode: 654170

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

PSP, CBD & MSA Support Group – 1st and 3rd Saturday: Virtual only To register centralohiopiogroup@gmail.com

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

Stroke Survivor Support Group – 1st Tuesday: Virtual and in-person - Registration required.
https://ohiohealth.webex.com/join/dempseycenter Meeting number (access code): 736 294 987

Young Adult Stroke Survivors’ Club (18-55)- 2nd Friday: If attending in person - Registration required.
https://ohiohealth.webex.com/join/dempseycenter
Meeting number (access code): 736 294 987

Tai Chi for Balance and Fall Prevention – 6 week class – Paperwork required to attend in person or virtual. https://ohiohealth.webex.com/join/dempseycenter
Meeting number (access code): 736 294 987

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

TBI Support Group – 2nd Thursday: Virtual and In person
https://ohiohealth.webex.com/join/dempseycenter
Meeting number (access code): 736 294 987

ALL CLASSES & SUPPORT GROUPS ARE FREE & PARKING IS VALIDATED

1st Floor Silver Tower across from Starbucks