

# Outpatient Support Groups and Recreational Activities



## Support Groups

### Aphasia Connections

Meets twice a month  
222 West Thomas Road, Suite 401

### Barrow Brain Tumor Support Group

Fourth Tuesday of the month  
(Note: We do not meet in May, November, or December.)  
6:00-7:30 p.m.  
Sonntag Pavilion, Barrow Neurological Institute

### Head and Neck Cancer Support Group

Second Wednesday of the month  
4:00-5:00 p.m. via zoom

### Stroke Support Group

Second Wednesday of the month  
3:15-4:15 p.m.  
Muhammad Ali Parkinson Center  
Outreach Wellness Center

### Spanish Social Club - "Cafecito"

Every third Thursday of the month  
Noon-1 p.m.  
222 West Thomas Road, Suite 100

### Social Club

Every second Thursday of the month  
10:30 a.m.-Noon  
Revolving location

## Recreational Activities

### Adaptive Golf Clinic

Revolving dates and locations

### Adaptive Hiking Clinic

Revolving dates and locations

### Aqua Balance

Revolving dates and times  
222 West Thomas Road, Suite 100

### Balance Masters

Every Tuesday  
11:15 a.m.-Noon  
Stained Glass Lobby  
Corner of 3rd Avenue and Catalina Drive

### Expressive Arts Group

One Friday a month  
10:30 a.m. - Noon  
222 West Thomas Road, Suite 100

### Mind Body Adaptive Yoga

Every Wednesday  
Noon-1:00 p.m.  
Creighton University Health Sciences Building

### Robotics Wellness

Every Tuesday, Wednesday, and Thursday  
4:00-6:00 p.m.

### SkiAble

Snowbowl  
Flagstaff, AZ

## More Information

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