



## 2023 Support Groups

Please check our website for the most current information: [myconnectability.org](http://myconnectability.org)

*\*\*If support group meeting falls on a holiday, it may be rescheduled\*\**

<b>Groups that meet Virtually on Zoom:</b>		
Annie Munoz Virtual <b>Exercise Group</b>	Every Monday, Wednesday, Friday	4:00 PM – 4:30 PM
Chair Zumba <b>Exercise Group</b>	2nd & 4th Wednesday (except August)	2:00 PM – 2:30 PM
Keep Abreast ( <b>Breast cancer</b> survivor)	1st Monday (Sept. only; 2nd Monday)	7:00 PM – 8:15 PM

<b>Groups that meet In Person at ConnectAbility (or other location noted with * )</b>		
Living with <b>Multiple Sclerosis (In-Person ONLY)</b>	3rd Saturday	1:00 PM – 2:00 PM
W.A.I.T.T. <b>Brain Tumor</b>	2nd Tuesday	7:00 PM – 8:30 PM
SA <b>Amputee</b> (*Morgan's Wonderland )	2nd Saturday	10:00 AM – 12:00 PM
Alamo <b>Head Injury</b> for those with <b>TBI</b>	4th Wednesday (through November)	6:30 PM – 8:00 PM
Alamo <b>Head Injury</b> for <b>Caregivers</b>	4th Wednesday (through November)	6:30 PM – 8:00 PM
Rolling Inspiration <b>Spinal Cord Injury</b>	Last Saturday (through October)	12:30 PM – 2:30 PM
*Boerne Neuro <b>Stroke &amp; Parkinson's</b>	2nd Thursday	1:00 PM – 2:30 PM
*Austin <b>Spinal Cord Injury</b> Peer Group	2nd Thursday	6:00 PM – 7:30 PM
Rockin' CP - <b>Cerebral Palsy</b>	2nd Saturday (except August)	12:30 PM – 2:30 PM
<b>Low Vision</b> Club	3rd Saturday (through November)	9:00 AM – 11:30 AM

<b>Groups that meet BOTH Virtually &amp; In Person at ConnectAbility (or other location noted with * )</b>		
Neuro <b>Stroke &amp; Parkinson's</b>	3rd Wednesday	11:30 AM – 1:00 PM
<b>Ostomy</b> Association of South Texas	Last Monday (through November)	7:00 PM – 8:30 PM

Questions? Please call/text Shelia Brown at 210-672-4097 or email [sbrown@myconnectability.org](mailto:sbrown@myconnectability.org)



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