

Saturday, February 1

- American Heart Month

Wednesday, February 5

- Walk-in Wednesdays - 8:00am
- Gentle Chair Yoga - 3:00pm
- Conemaugh School of Nursing and Allied Health Programs Virtual Information Session - 6:00pm

Thursday, February 6

- Breastfeeding Education - 6:00pm

Friday, February 7

- Cardiovascular Symposium - 8:00am

Wednesday, February 12

- Walk-in Wednesdays - 8:00am

Thursday, February 13

- Prepared Childbirth Education

Monday, February 17

- Conemaugh School of Nursing Open House - 9:00am

Wednesday, February 19

- Walk-in Wednesdays - 8:00am

Thursday, February 20

- Prepared Childbirth Education

Wednesday, February 26

- Walk-in Wednesdays - 8:00am

Thursday, February 27

- Prepared Childbirth Education

American Heart Month

February is American **Heart Month** is observed every February to raise awareness about heart disease, the leading cause of death in the United States. Throughout the month, healthcare organizations, communities, and individuals come together to promote heart-healthy lifestyles, encourage preventive care, and educate the public on risk factors such as high blood pressure, high cholesterol, smoking, and poor diet.

This national initiative highlights the importance of regular screenings, physical activity, nutritious eating, and stress

management in maintaining heart health. It also serves as a time to recognize advancements in cardiovascular care and celebrate survivors who inspire others to take proactive steps toward a healthier heart.

Organizations like the **American Heart Association** lead efforts through events such as **National Wear Red Day** (the first Friday of February), which specifically raises awareness about heart disease in women. Whether through educational campaigns, community events, or personal lifestyle changes, American Heart Month encourages everyone to take action in the fight against heart disease.

Join us all month long for various celebrations, educational opportunities, and more!

Walk-in Wednesdays

Time: 8:00am

The Conemaugh School of Nursing and Allied Health Programs is now offering Walk-in Wednesdays! Interested in pursuing a career in healthcare or have questions about where to start? Just walk right into our Education building directly across from the main entrance of Conemaugh Memorial Medical Center in Johnstown. The event is held from 8 am - 3 pm and includes tours of the facilities, financial aid sessions, faculty interaction and more. Join us on Wednesdays to start your career in healthcare.

Gentle Chair Yoga

Time: 3:00pm

Gentle Chair Yoga Classes are led by Rachel Allen, Registered Yoga Instructor. Rachel guides participants in gentle, mindful chair yoga. She incorporates meditation, journaling, and music into many classes. Benefits of chair yoga include reducing stress, improving mood, decreasing fatigue, improving sleep, and improving mobility. Additionally, practicing yoga with other patients builds a community of support through your cancer journey. Please call 814.534.1294 to register. The event is FREE and open to all Conemaugh Cancer Care patients in current treatment or post treatment, their families and caregivers.

Conemaugh School of Nursing and Allied Health Programs Virtual Information Session

Time: 6:00pm

The Conemaugh School of Nursing is hosting a Virtual Information Session to offer an inside look into the programs. You'll have the opportunity to learn about everything from the application process to financial aid. Join us on Wednesday, February 5 from 6 pm - 7 pm online to learn about your next adventure with Conemaugh School of Nursing and Allied Health Programs.

[Click here to join the Virtual Information Session!](#)

Breastfeeding Education

Time: 6:00pm

Join our breastfeeding education and support group held on the first Thursday of every month from 6 - 9 pm! RSVP is required to call to let us know you're coming at 814.534.9009.

Cardiovascular Symposium

Time: 8:00am

Conemaugh Health System is proud to host the 2025 Cardiovascular Symposium.

Held at the Frank J. Pasquerilla Conference Center in Johnstown, the symposium will feature nearly a dozen cardiovascular experts discussing various topics around cardiovascular health care. Join us for a full day of expert led sessions, interactive

discussions and networking opportunities.

Registration is required to attend the event and is open to all healthcare professionals, students, and others interested in learning about the latest cardiovascular care. Registration closes on **January 24** and walk-ins will not be accepted.

Learn more and register today at [Calendar.conemaugh.org/event/cardiovascular-symposium-5/](https://calendar.conemaugh.org/event/cardiovascular-symposium-5/).

Prepared Childbirth Education

Preparing for childbirth? Join our education and support group! The group gathers every second, third, and fourth Thursday of each month from 6-9 pm. RSVP is required so let us know you are coming by calling 814.534.9009.

Conemaugh School of Nursing Open House

Time: 9:00am

The Conemaugh School of Nursing and Allied Health Programs is hosting an Open House on Monday, February 17 from 9 am - 3 pm. Stop in to learn more about the nursing and allied health programs available to you, the admissions process, and financial aid. CSONAH application fees are WAIVED for all attendees!

Pre-registration is not required. For more information about the Open House or about the Conemaugh School of Nursing and Allied Health Programs, contact Lorrie Douglass, Academic Admissions Coordinator at SONAH@conemaugh.org.