

Wednesday, November 6

- Walk-in Wednesdays - 8:00am
- Gentle Chair Yoga - 3:00pm

Thursday, November 7

- Breastfeeding Education - 6:00pm

Tuesday, November 12

- Lunch & Learn: Colon Health - Bowel Habits, Screenings and Surgery - 12:00pm

Wednesday, November 13

- Walk-in Wednesdays - 8:00am
- Smoking Cessation and the Importance of Lung Screenings - 1:00pm

Thursday, November 14

- Prepared Childbirth Education

Wednesday, November 20

- Walk-in Wednesdays - 8:00am

Thursday, November 21

- Prepared Childbirth Education

Wednesday, November 27

- Walk-in Wednesdays - 8:00am

Thursday, November 28

- Prepared Childbirth Education

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.

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.

Lunch & Learn: Colon Health - Bowel Habits, Screenings and Surgery

Time: 12:00pm

Conemaugh Miners Medical Center is hosting a FREE Lunch & Learn event on Tuesday, November 12 at 12 pm. Karleigh Curfman, MD, fellowship-trained colorectal surgeon, will present on Colon Health - Bowel Habits, Screenings and Surgery. Lunch will be provided to all who attend. Limiting seating is available. RSVP required can be made by calling 814.247.3101.

Smoking Cessation and the Importance of Lung Screenings

Time: 1:00pm

November is Lung Cancer Awareness Month. Join Jenn Baine, RN, Lung Health Navigator to learn about strategies and tips to quit smoking and other tobacco use. Participants will learn the importance of lung screening and how to schedule yours. The event is FREE and open to all cancer care center patients in active treatment or post treatment, family members and caregivers. Registration is required and can be made by calling 814.534.1294.

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.