

Wednesday, December 4

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

Thursday, December 5

- Breastfeeding Education - 6:00pm

Friday, December 6

- Art as Self-Care: Glass-Art Holiday Trees - 11:00am

Wednesday, December 11

- Walk-in Wednesdays - 8:00am

Thursday, December 12

- Prepared Childbirth Education

Wednesday, December 18

- Walk-in Wednesdays - 8:00am

Thursday, December 19

- Prepared Childbirth Education

Wednesday, December 25

- Walk-in Wednesdays - 8:00am

Thursday, December 26

- 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.

Art as Self-Care: Glass-Art Holiday Trees

Time: 11:00am

Marian Ross will lead participants in creating glass-art holiday trees. Studies have shown that engaging in arts results in stress reduction. Creating art causes our brains to release endorphins, stress and pain-relieving chemicals. Additionally, the stress-related hormone, cortisol, is reduced. The calming effect from creating art can last for several hours. Space is limited in this workshop so be sure to save your seat soon by calling 814.534.1294. The event is FREE and open to all Conemaugh Cancer Center patients currently in treatment or post-treatment, families and caregivers.

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.