Saturday, March 1

- Colorectal Cancer Awareness Month

Wednesday, March 5

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

Thursday, March 6

- Breastfeeding Education - 6:00pm

Wednesday, March 12

- Walk-in Wednesdays - 8:00am

Thursday, March 13

- Prepared Childbirth Education

Wednesday, March 19

- Walk-in Wednesdays - 8:00am

Thursday, March 20

- Prepared Childbirth Education

Saturday, March 22

- Conemaugh School of Nursing and Allied Health Programs Virtual Information Session - 10:00am

Wednesday, March 26

- Walk-in Wednesdays - 8:00am

Thursday, March 27

- Prepared Childbirth Education

Colorectal Cancer Awareness Month

Colorectal Cancer Awareness Month is observed every March to raise awareness about colorectal cancer, the second leading cause of cancer-related deaths in the United States. This national campaign emphasizes the importance of early detection, regular screenings, and healthy lifestyle choices in preventing and detecting colorectal cancer at its earliest, most treatable stages.

Throughout the month, healthcare organizations, advocacy groups, and survivors work to educate the public on risk factors such as age, family history, diet, and lifestyle habits. The campaign also highlights the life-saving benefits of routine screenings like **colonoscopy** and **stool-based tests**, which can detect precancerous polyps before they turn into cancer.

A key event during the month is **Dress in Blue Day** (held on the first Friday of March), where individuals wear blue to show support for those affected by colorectal cancer and to spark conversations about prevention. By spreading awareness and

encouraging preventive care, Colorectal Cancer Awareness Month empowers individuals to take charge of their health and reduce the impact of this disease.

Join us all month long for education opportunities!

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.

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 and Allied Health Programs Virtual Information Session

Time: 10:00am

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 Saturday, March 22 from 10 am - 11 am online to learn about your next adventure with Conemaugh School of Nursing and Allied Health Programs.

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