

**Tuesday, April 1**

- Occupational Therapy Month
- Donate Life Month
- Conemaugh Meyersdale Donate Life Flag Raising Ceremony - 10:30am

**Wednesday, April 2**

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

**Thursday, April 3**

- Breastfeeding Education - 6:00pm

**Tuesday, April 8**

- Conemaugh Miners Donate Life Flag Raising Ceremony - 1:00pm

**Wednesday, April 9**

- Conemaugh Nason Donate Life Flag Raising Ceremony - 10:30am

**Thursday, April 10**

- Prepared Childbirth Education

**Thursday, April 17**

- Prepared Childbirth Education

**Thursday, April 24**

- Prepared Childbirth Education

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**Occupational Therapy Month**

**April is Occupational Therapy Month!** This month, we celebrate the incredible work of occupational therapists who help people of all ages live life to the fullest. Whether recovering from an injury, managing a chronic condition, or developing essential life skills, occupational therapy empowers individuals to regain independence and improve their quality of life. Join us in recognizing these dedicated professionals and the difference they make every day!

**Donate Life Month**

**April is Donate Life Month!** This month is dedicated to raising awareness about the lifesaving impact of organ, eye, and tissue donation. Every donor has the power to give hope and a second chance at life to those in need. Join us in celebrating the gift of life by registering as a donor, honoring those who have given, and spreading the message of hope. **One donor can save up to eight lives and heal countless others.** Register to become an organ donor today!

**Conemaugh Meyersdale Donate Life Flag Raising Ceremony**

**Time:** 10:30am

Join us on Tuesday, April 1 for the annual Donate Life Month flag raising ceremony at Conemaugh Meyersdale Medical

Center. The event will begin at 10:30 am and will be held in the lobby on the medical center. Please join us for cookies and refreshments following the ceremony.

### **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, April 2 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.

### **Conemaugh Miners Donate Life Flag Raising Ceremony**

**Time:** 1:00pm

Join us on Tuesday, April 8 for the annual Donate Life Month flag raising ceremony at Conemaugh Miners Medical Center. The event will begin at 1 pm and will be held in the conference room at the medical center. Please join us for refreshments following the ceremony.

### **Conemaugh Nason Donate Life Flag Raising Ceremony**

**Time:** 10:30am

Join us on Wednesday, April 9, for the annual Donate Life Month flag raising ceremony at Conemaugh Nason Medical Center. The event will begin at 10:30 am and will be held in the boardroom in the medical center. Please join us for cookies and refreshments following the ceremony.

### **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.