

Wednesday, January 1

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

Thursday, January 2

- Breastfeeding Education - 6:00pm

Wednesday, January 8

- Walk-in Wednesdays - 8:00am

Thursday, January 9

- Prepared Childbirth Education

Wednesday, January 15

- Walk-in Wednesdays - 8:00am

Thursday, January 16

- Prepared Childbirth Education

Wednesday, January 22

- Walk-in Wednesdays - 8:00am

Thursday, January 23

- Prepared Childbirth Education

Saturday, January 25

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

Wednesday, January 29

- Walk-in Wednesdays - 8:00am

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, January 25 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!](#)