

Thursday, May 1

- Breastfeeding Education - 6:00pm

Wednesday, May 7

- Keystone Trauma Emergency and Neurology Summit - 7:00am
- Gentle Chair Yoga - 3:00pm
- Conemaugh School of Nursing and Allied Health Programs Virtual Information Session - 6:00pm

Thursday, May 8

- Prepared Childbirth Education

Thursday, May 15

- Prepared Childbirth Education

Thursday, May 22

- Prepared Childbirth Education

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.

Keystone Trauma Emergency and Neurology Summit

Time: 7:00am

Conemaugh Health System is proud to host the 2025 Keystone Trauma Emergency and Neurology Summit. Held at Seven Springs Mountain Resort, the two-day event will be held on May 7 & 8 from 7 am - 5 pm each day. The Summit is open to all healthcare professionals looking to increase their knowledge of diagnosing and treating the critically ill and injured. For more information about the Summit, cost info, and speaker profiles, visit [Calendar.Conemaugh.org](https://calendar.conemaugh.org).

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, May 7 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!](#)

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.