

Wednesday, June 1

- Weight Loss Surgery Support: Open Forum - 5:30pm

Thursday, June 2

- Diabetes Support Group - 1:00pm

Monday, June 6

- Cancer Survivorship: Meditation - 9:00am

Monday, June 13

- Cancer Survivorship: Music Making - 9:00am

Monday, June 20

- Cancer Survivorship: Meditation - 9:00am

Thursday, June 23

- Caregiver Support Group - 1:00pm

Monday, June 27

- Cancer Survivorship: Yoga - 9:00am

Weight Loss Surgery Support: Open Forum

Time: 5:30pm

Led by Pam Shiley, Dietitian

Contact 814-539-8725 option 2 for additional information.

Diabetes Support Group

Time: 1:00pm

Our Diabetes Support Group helps attendees gain encouragement, information, and fellowship from others with diabetes and their loved one. The group meets on the first Thursday of each month from 1:00 pm - 2:00 pm.

For more information on these support group dates and times, or special programming, please call the Conemaugh Diabetes Institute at 1.866.641.3828 or 814.534.6800 opt. 3.

Our support groups are led by Certified Diabetes Educators, Registered Nurses, Registered Dietitians, and others who are committed to diabetes education and prevention. They are active in community programs to promote early screening and detection.

Here is what our support group can offer you:

- Honest discussion about how the disease affects your (and your loved ones') physical and emotional self.
- The opportunity to receive and provide support to those in need.
- Education on nutrition, foot care, eye care, prevention of long-term complications, exercise, and other topics of interest.
- Special programs and activities.

Anyone 18 or older who has diabetes or is caring for someone with diabetes is welcome.

Cancer Survivorship: Meditation

Time: 9:00am

Rachel Allen will guide participants in different types of meditation to help create a sense of peace, calm, and inner harmony.

These **FREE** workshops are designed for cancer patients, survivors, and their caregivers. Participants may experience the following benefits: improved mood, reduced stress, improved emotional regulation, improved focus, improved adaptability, and connection with others.

***Participants must register.** Masks and social distancing guidelines will be followed.

To register, call Jamie Mack, LCSW, Oncology Social Worker at 814-534-1245.

Cancer Survivorship: Music Making

Time: 9:00am

Rachel Allen is a Certified Music Practitioner using music as a tool for healing. Workshops will involve recreational music making with percussion.

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Caregiver Support Group

Time: 1:00pm

Supporting YOU while you care for a friend or loved one.

Open to anyone free of charge

4th Thursday of each month at 1:00 p.m.

Cancer Survivorship: Yoga

Time: 9:00am

Rachel Allen is a Registered Yoga Instructor who will guide participants in gentle, mindful, trauma sensitive chair yoga.

These **FREE** workshops are designed for cancer patients, survivors, and their caregivers. Participants may experience the following benefits: improved mood, reduced stress, improved emotional regulation, improved focus, improved adaptability, and connection with others.

***Participants must register.** Masks and social distancing guidelines will be followed.

To register, call Jamie Mack, LCSW, Oncology Social Worker at 814-534-1245.