
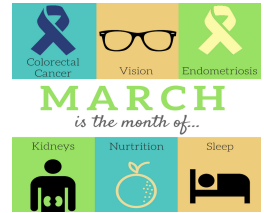




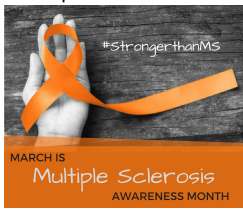

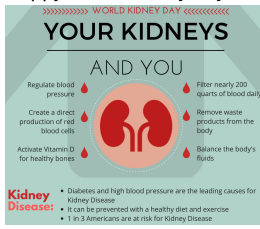

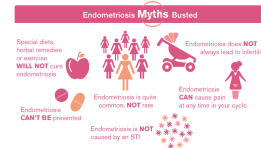



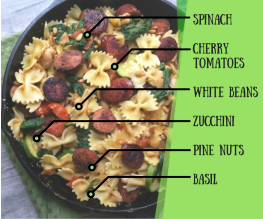




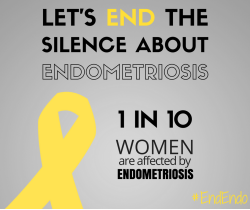



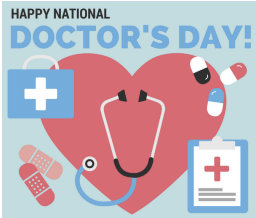


Social Media Posts Developed by Victoria Kelly

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | 1 | 2 | 3 | 4 |
| | | | | | <p><u>@ 12:00 PM</u> It's Employee Appreciation Day! Conemaugh Health System would like to thank all of our wonderful teams!</p>  <p><u>@ 4:30 PM</u> March is a month full of awareness and health days. Like and follow us for more information!</p>  | <p><u>@ 12:00 PM</u> Colorectal Cancer doesn't have to be one of life's surprises. Get screened for Colorectal Cancer Awareness Month! #GetTested #ColorectalCancerAwareness https://youtu.be/EwbEqngS8PE</p> <p><u>@ 2:30 PM</u> Are you over the age of 50? It's time for a screening! Get tested for Colorectal Cancer Awareness Month! #GetTested #ColorectalCancerAwareness</p> <p>If you grew up with one of these,</p>  <p>it's time to give your doctor a BOOTY CALL</p>  |

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| <p>5</p> <p>@ 12:00 PM</p> <p>It's National Save Your Vision Month! Remember the 20/20/20 rule to prevent digital eye strain. Every 20 minutes, take a 20 second break to look at something 20 feet away.</p> <p>20/20/20</p> <p>TO PREVENT DIGITAL EYE STRAIN</p> <p>20 Second Break Every 20 Minutes At 20 Feet Away</p>  <p>Save Your Vision Month Visit www.aaaopt.org for more tips!</p> | <p>6</p> <p>@ 10:00 AM</p> <p>More than 400,000 Americans are living with Multiple Sclerosis. If you have a family history, talk to your physician. To learn more about Conemaugh's MS Clinic, visit www.conemaugh.org/msclinic</p> <p>@10:14 AM</p> <p>You're not the only one enjoying the weather! Don't forget to check yourself for ticks after being outdoors. For more information on how to avoid ticks, go to www.cdc.gov/ticks</p>  <p>@ 5:00 PM</p> <p>March 6 – 13 marks the National Sleep Awareness Week! Make sure to follow us for more information on what sleep can do for you or your loved ones!</p> <p>#SleepBetterFeelBetter</p> <p>https://sleepfoundation.org/sleep-topics/how-blue-light-affects-kids-sleep</p> | <p>7</p> <p>@ 12:30 PM</p> <p>Multiple Sclerosis can happen to anyone, but is especially linked to family history. For more information, please visit www.conemaugh.org/msclinic</p> <p>#MSAwareness #StrongerthanMS #MultipleSclerosis</p>  <p>@ 5:00 PM</p> <p>An estimated one-third of Americans suffer from a sleep disorder at some point in their lives. Do you have issues sleeping? Visit our Sleep Disorders Center for more information.</p> <p>#SleepBetterFeelBetter</p> <p>www.conemaugh.org/services/sleep-disorder-center</p> | <p>8</p> <p>@ 2:00 PM</p> <p>Afternoon slump? We've all been there. Step away from the coffee and see how to overcome the sleepiness with these tips!</p> <p>https://sleep.org/articles/5-ways-overcome-afternoon-slump/</p> | <p>9</p> <p>@ 12:30 PM</p> <p>Don't forget your blue tomorrow! #TGIF #Colorectal Cancer Awareness</p>  <p>@ 1:30 PM</p> <p>Happy World Kidney Day!</p>  | <p>10</p> <p>@ 11:30 AM</p> <p>Use National Women and Girls HIV/AIDS Awareness Day (March 10) to talk to friends about how to prevent HIV (and other STIs).</p> <p>http://go.usa.gov/cVWzj</p>  | <p>11</p> <p>@ 12:00 PM</p> <p>March is Endometriosis Awareness Month! There are still misconceptions about Endometriosis, but here are some myths to put to rest.</p> <p>#endometriosis #womenshealth #endoawareness</p>  <p>@ 3:00 PM</p> <p>March isn't just about clovers and good luck! Eating right and getting outside is essential to good health.</p> <p>#NutritionMonth #EatGreen</p>  |
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| <p>12</p> <p><u>@ 6:00 PM</u></p> <p>When was your last night of decent sleep? If you can't remember, maybe it is time to fix that!</p> <p>For more information, visit http://www.conemaugh.org/services/sleep-disorder-center</p>  | <p>13</p> <p><u>@ 12:00 PM</u></p> <p>Today marks the first day of Brain Awareness Week!</p> <p>Learn more at http://www.dana.org/baw #brainweek</p>  | <p>14</p> <p><u>@ 12:00 PM</u></p> <p>In honor of Patient Safety Awareness Week (March 12-18), Conemaugh Health System wants to remind you that patient safety is a two-way street.</p> <p>#WorkingTogether</p> <p>#HealthTips</p> <p>#UnitedForPatientSafety</p> <p>LET US BE YOUR PARTNER IN PATIENT SAFETY</p> <p>Here are a few ways we can work together to make your care safer:</p> <table><tr><td>YOU ASK</td><td>WE ANSWER</td></tr><tr><td>Questions and concerns are normal. Speak to us.</td><td>Comfortable and clear communication is our goal!</td></tr><tr><td>YOU KNOW YOUR RECORDS</td><td>WE DOUBLE CHECK THEM</td></tr><tr><td>Past treatments, illnesses, family history, and allergies are some essentials.</td><td>We track the important stuff, too! And we always double check the right patient, procedure, and site.</td></tr><tr><td>YOU KNOW YOUR MEDICATIONS</td><td>WE FIND THE BEST PLAN</td></tr><tr><td>Names, uses, and expirations are some things to keep in mind.</td><td>We are here for your care and needs. We work with you to find your best care.</td></tr></table> <p>@ 3:30 PM</p> <p>Do you or someone you know have an Autoimmune Liver Disease? Get the facts or learn more at www.liverfoundation.org</p>  | YOU ASK | WE ANSWER | Questions and concerns are normal. Speak to us. | Comfortable and clear communication is our goal! | YOU KNOW YOUR RECORDS | WE DOUBLE CHECK THEM | Past treatments, illnesses, family history, and allergies are some essentials. | We track the important stuff, too! And we always double check the right patient, procedure, and site. | YOU KNOW YOUR MEDICATIONS | WE FIND THE BEST PLAN | Names, uses, and expirations are some things to keep in mind. | We are here for your care and needs. We work with you to find your best care. | <p>15</p> <p><u>@ 2:30 PM</u></p> <p>What is Brain Awareness Week? Check this video out to learn more!</p> <p>#brainweek</p> <p>https://www.youtube.com/watch?v=5axR0-_xaSw</p> <p>@ 5:30 PM</p> <p>Early detection saves lives. If you're over 50 and haven't had a colonoscopy, talk with your family physician to schedule a screening.</p> <p>#ColorectalCancerAwareness</p> <p>http://www.conemaugh.org/services/gastroenterology</p> | <p>16</p> <p><u>@ 1:00 PM</u></p> <p>Don't forget your blue tomorrow!</p> <p>#TGIF</p> <p>#ColorectalCancerAwareness</p>  | <p>17</p> <p><u>@ 10:00 AM</u></p> <p>Today is the Annual Brain Awareness Fair!</p> <p>Check out our St. Patrick Day themed fair in the Conemaugh Memorial Atrium from 11 am to 1 pm</p> <p>#brainweek</p> <p>@ 2:00 PM</p> <p>Happy St. Patrick's Day!</p> <p>Keep it green inside and out with these foods.</p> <p>#PutYourBestForkForward</p>  | <p>18</p> <p><u>@ 12:00 PM</u></p> <p>Over 23 million Americans have an Autoimmune Live Disease. While more likely to be diagnosed in females, the disease can occur at any age and affects all ethnic groups. For more information, visit www.liverfoundation.org</p>  <p>@ 2:45 PM</p> <p>Did you know? Vision is such a big part of everyday life that it requires half of the brain to get involved! #brainweek</p> |
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| <p>19</p> <p><u>@ 1:00 PM</u></p> <p>Get your mind moving with some healthy snacking!</p> <p>#brainweek #nutrition #NationalNutritionMonth #PutYourBestForkForward</p>  | <p>20</p> | <p>21</p> <p><u>@ 1:00 PM</u></p> <p>#Endometriosis #EndoMarch</p>  | <p>22</p> <p><u>@ 12:00 PM</u></p> <p>For Nutrition Month, make the most out of your meals! Give new flavor and energy to your diet by adding some green to your dishes.</p> <p>#nutrition #PutYourBestForkForward #NutritionMonth #eatyourgreens</p> <p>This pasta dish is packed with more vegetables than you think. For the recipe, go to http://bit.ly/2m6AhZA</p>  <p><u>@ 12:30 PM</u></p> <p>How much sleep do we really need?</p> <p>Ages 14-17: Sleep widened by one hour to 8-10 hours (previously 8.5-9.5)</p> <p>Ages 18-25: Sleep range is 7-9 hours</p> <p>Ages 26-64: Sleep range does not change, and remains at 7-9 hours</p> <p>Ages 65+: Sleep range is 7-8 hours</p> <p>Make sure you're getting your recommended hours of sleep to be able to feel and perform your best!</p> | <p>23</p> <p>Don't forget to wear your blue tomorrow!</p> <p>#TGIF #ColorectalCancerAwareness</p>  | <p>24</p> | <p>25</p> <p><u>@ 2:00 PM</u></p> <p>#MSAwareness #StrongerthanMS #MultipleSclerosis</p>  |
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| <p>26</p> <p><u>@ 2:00 PM</u></p> <p>#EndEndo #Endometriosis</p>  | <p>27</p> <p><u>@ 1:00 PM</u></p> <p>Keep your vision strong and clear! Remember the 20/20/20 rule to prevent digital eye strain. Take a 20 second break every 20 minutes by looking at something 20 feet away.</p>  | <p>28</p> <p><u>@ 1:00 PM</u></p> <p>It's American Diabetes Alert Day! Find out if you're at risk with the Type 2 Diabetes Risk Test.</p> <p>#DiabetesDay #diabetes #DiabetesType2 #DiabetesAwareness</p> <p>http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/</p> | <p>29</p> <p><u>@ 12:00 PM</u></p> <p>It's the last Blue Friday of March this week! Don't forget to show your Colorectal Cancer Awareness colors.</p> <p>#TGIF #ColorectalCancerAwareness</p>  | <p>30</p> <p><u>@ 12:00 PM</u></p> <p>Thank you to all Conemaugh Health System Physicians for the care you provide to our patients! Happy National Doctor's Day!</p>  <p><u>@ 2:00 PM</u></p> <p>We want to say 'thank you' to our physicians and surgeons. Happy National Doctor's Day!</p>  <p><u>@ 6:00 PM</u></p> <p>Today may be the official day for celebrating physicians and surgeons, but there is never a bad time to show appreciation for our team.</p>  | <p>31</p> <p><u>@ 10:30 AM</u></p> <p>With March coming to a close, our staff continues to spread awareness about Colorectal Cancer by wearing blue!</p>  | |
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