Health Education February Wellness Activities

Monday

Diabetes Support Group
Feb. 5
Noon – 1:30 p.m.
Mt. Marathon Building
Denali Room

Power of Hope Cancer and Educational Social Group
Feb. 26
Noon – 1:30 p.m.
Mt. Marathon Building
Denali Room

Tuesday

Lose to Win*
11:30 a.m. – 1 p.m.
Mt. Marathon Building
Denali Room

Quit Tobacco Class*
1 – 3 p.m.
ANPCC Lobby

Wednesday

Toddler Time
10 – 10:50 a.m.
Mt. Marathon Building
Susitna Studio

Snuggle Time
Noon – 1 p.m.
Mt. Marathon Building
Denali Room

Healthy Habits Bingo
Feb. 7 and 21
1 – 3 p.m.
ANPCC Room 1127 – 1129

Birthing Basics*
Feb. 7 and 14
3 – 5 p.m.
Mt. Marathon Building

Love your Heart Valentine's Day Celebration
Feb. 14
11:30 a.m. – 1 p.m.
ANPCC Lobby

Love your Heart Walk Heart Health Event
Feb. 21
ANPCC lobby at noon

Thursday

Healthy Heart Bingo
with blood pressure checks and cupid berry spa water
1 – 3 p.m.
ANPCC Room 1127 – 1129

Diabetes Education Class*
Feb. 15
9 a.m. – 3:30 p.m.
Mt. Marathon Building
Denali Room

Friday

Toddler Time
10 – 10:50 a.m.
Mt. Marathon Building
Susitna Studio

Healthy Habits Event
10 a.m. – 1 p.m.
ANPCC 1 West

Love your Heart: Go Red! National Wear Red Day
Feb. 2
11:30 a.m. - 1 p.m.
ANPCC Lobby

Dinner Makes a Difference
10 a.m. – 1 p.m.
ANPCC Room 1127 – 1129

Highlights

- Love Your Heart Events:
  - -Feb. 2 Love your heart: Go Red! National Wear Red Day
  - -Feb. 14 Valentine's Day Celebration
  - -Feb. 21 Love your Heart Walk
- Heart Healthy Bingo every Thursday
- Wear red at any Mt. Marathon group exercise class to win a grand incentive!

For more information, please contact:
Health Education
(907) 729-2689
southcentralfoundation.com

Colorectal Awareness Team will be in the Fur Rondy parade on Feb. 24.
*Pre-registration is required before participation. Call (907) 729-2689 to register.
Activities are open to SCF and ANTHC employees, family members, and customer-owners.
**Understanding Pregnancy is available by appointment only. Please call (907) 729-2689.
SCF will be closed Feb. 19.

Southcentral Foundation

My AK Wellness Challenge: Shake Off The Salt Pledge.

How to participate:

Take the pledge to consume less salt during the month of February, and be entered to win a fabulous spice rack.

Go to myakwellness.cernerwellness.com to learn more!

Recipe of the Month

Avocado Hummus

Learn how to make this at the
Dinner Makes a Difference class on Feb. 16.

Ingredients:

- 1 15-ounce can chickpeas, well drained
- 2 medium ripe avocados, cored and peeled
- 3 tablespoons olive oil
- 1 1/2 tablespoons tahini
- 3 tablespoons fresh lime juice
- 1 garlic clove, peeled
- 1/8 teaspoon cumin
- Pinch of red pepper flakes, salt and black pepper
- 1 tablespoon fresh cilantro, torn in little pieces, if desired

Directions:

Pulse the chickpeas, olive oil, tahini, lime juice and garlic in a food processor until smooth, about 2 minutes. Season with salt and pepper to taste, then add the cumin and avocado. Pulse until the mixture is smooth and creamy.

Serve with fresh veggies or whole grain, baked chips.

Nutrition facts (per 1/2 cup):

Calories 210	Sodium 70 mg
Total Fat 14 g	Total Carbohydrate 18 g
Saturated Fat 2 g	Dietary Fiber 7 g
Trans Fat 0 g	Sugars 3 g
Cholesterol 0 mg	Protein 6 g