



# Health Education April Wellness Activities

## Monday

### Healthy Habits Event

11:00 a.m. – 1 p.m.  
Anchorage Native Primary  
Care Center (ANPCC) Lobby

### Diabetes Support Group

April 2  
Noon – 1:30 p.m.  
Mt. Marathon Building  
Denali Room

### Power of Hope Cancer and Educational Social Group

April 30  
Noon – 1:30 p.m.  
Mt. Marathon Building  
Denali Room

## Tuesday

### Healthy Habits Event

11:00 a.m. – 1 p.m.  
ANPCC Lobby

### Quit Tobacco Class\*

1 – 3 p.m.  
ANPCC

## Wednesday

### Toddler Time

10 – 10:50 a.m.  
Mt. Marathon Building

### Healthy Habits Event

11:00 a.m. – 1 p.m.  
ANPCC Lobby

### Snuggle Time

Noon – 1 p.m.  
Mt. Marathon Building

### Healthy Habits Bingo

April 4 and 18  
1 – 3 p.m.  
ANPCC Room 1127 – 1129

### Birthing Basics\*

April 4 and 11  
3 – 5 p.m.  
Mt. Marathon Building

## Thursday

### Healthy Habits Event

11:00 a.m. – 1 p.m.  
ANPCC Lobby

### Healthy Heart Bingo

1 – 3 p.m.  
ANPCC Room 1127 – 1129

## Friday

### Toddler Time

10 – 10:50 a.m.  
Mt. Marathon Building

### Healthy Habits Event

10:00 a.m. – 1 p.m.  
ANPCC 1 West

### Dinner Makes a Difference

10:00 a.m. – 1 p.m.  
ANPCC Room 1127 – 1129

## Highlights

Healthy Habits Event  
features weekly  
activities:

- April 6: How to get  
your garden growing
- April 13: Alcohol-free  
activity
- April 20: Join us in  
discussing stroke  
awareness
- April 27: Eat like  
a rabbit; try tasty  
greens!

April DMD Saturday  
Class (see back for  
details)

### Understanding Pregnancy

Available by appointment.  
Please call (907) 729-2689  
to schedule.

For more information, please contact:

**Health Education**

(907) 729-2689

[southcentralfoundation.com](http://southcentralfoundation.com)

\*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.

# Dinner Makes a Difference: Supermarket Sweep!

**Saturday, April 14**

**Focus: From Plan to Plate**

Make planning easier with DMD meal planning, healthy cooking tips, food prep, and a demonstration on how to shop healthy on a budget.

Registration is required to attend. All ages are welcome, minors must be supervised. Lunch is provided.

Contact health education at (907) 729-2689 to register.

## Healthy Habits Challenge: Alcohol-free Weekend Pledge

### How to participate:

Pledge to have an alcohol-free weekend! Participants may pledge each weekend for a higher chance to win a prize.

Go to [myakwellness.cernerwellness.com](http://myakwellness.cernerwellness.com) to learn more!

Recipe of the Month

## Spring Quinoa Salad

Learn how to make this at the  
Dinner Makes a Difference class on April 14.

### Ingredients:

Apple cider vinaigrette:

- 1/4 cup raw, unfiltered apple cider vinegar
- 2/3 cup extra virgin olive oil
- 1 tablespoon Dijon mustard
- 2 tablespoons fresh lemon juice
- 1 teaspoon raw, unfiltered honey
- 1-2 fresh garlic cloves, minced
- Dash of ground black pepper

Salad:

- 2 cups quinoa, cooked
- 1 small cabbage head, shredded
- 2 carrots, shredded
- 1 bell pepper, chopped
- 1 bunch asparagus, chopped into bite sized pieces, blanched

### Directions:

To make the apple cider dressing, place all vinaigrette ingredients in a medium bowl and whisk together. Toss all vegetables together with a 1/2 cup of salad dressing. Refrigerate any leftover dressing in an air-tight container for up to 5 days. Dish up 1 cup of the tossed veggies and put a 1/2 cup of cooked quinoa on each salad. *Optional:* Replace any of the veggies with your favorites! Get creative; add a 1/4 cup slivered almonds or sunflower seeds for a protein punch.

### Nutritional Information (per 1 1/2 cups)

Calories 210  
Total Fat 9 g  
Saturated Fat 1.5 g  
Trans Fat 0 g  
Cholesterol 0 mg

Sodium 85 mg  
Total Carbohydrate 29 g  
Dietary Fiber 8 g  
Sugars 4 g  
Protein 7 g

Source: SCF Health Education