

Alaska Women's Recovery Project

September Schedule

Monday

Self-Care

(women only)

11 a.m. – noon

Crafting for Wellness

Noon – 1 p.m.

Relationship Support

3 – 4 p.m.

Walking for Wellness

4 – 5 p.m.

Tuesday

Life Changes for Women

(women only)

10 – 11 a.m.

Crafting for Wellness

Noon – 1 p.m.

Learning Through

Cinema

2:30 – 5 p.m.

Wednesday

Crafting for Wellness

Noon – 1 p.m.

Walking for Wellness

4 – 5 p.m.

Gentle Yoga

(Mt. Marathon Building)

5 – 6 p.m.

Sewing/Crafting

(women only)

5 – 7 p.m.

Thursday

Grief and Loss

11 a.m. – noon

Crafting for Wellness

Noon – 1 p.m.

Learning Through

Cinema

2:30 – 5 p.m.

Friday

CLOSED

Sept. 28

AWRP Special Events and Announcements

Poetry Jam

Saturday, Sept. 8

11 a.m. – 1 p.m.

Alaska Women's Show

Please join AWRP at

the Sullivan Arena

Sept. 28th, 29th, and

30th.

Please RSVP by calling

(907) 729-5190.

Hours of Operation:

Monday – Friday, 8 a.m. – 5 p.m.



Alaska Women's Recovery Project | (907) 729-5190 | 4155 Tudor Centre Drive, Suite 205 | southcentralfoundation.com

