



# Health Education April Wellness Activities

## Monday

### Quit Tobacco Class\*

Noon – 2 p.m.  
ANPCC

## Tuesday

### Quit Tobacco Class\*

1 – 3 p.m.  
ANPCC

### Lose to Win\*

11:30 a.m. – 1 p.m.  
April 2, 9, 16  
Join Lose to Win on April 16  
for the end of winter session  
celebration  
Denali room

## Wednesday

### Toddler Time

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

### Snuggle Time

Noon – 1 p.m.  
Mt. Marathon Building

### Birthing Basics\*

3 – 5 p.m.  
April 3, 10  
Mt. Marathon Building  
Denali room

### Power of Hope Cancer and Educational social group luncheon

April 24  
Noon – 1 p.m.  
Mt. Marathon Building

## Thursday

### My AK Wellness

1 – 2 p.m.  
ANPCC Lobby

### Getting to Know Alaskan Plants\*

10 a.m. – noon  
April 25  
Mt. Marathon Building  
Denali room

## Friday

### Dinner Makes a Difference

Drop-in any time between:  
10 a.m. – 1 p.m.  
ANPCC room 1127 – 1129

### My AK Wellness

10 a.m. – 1 p.m.  
ANPCC  
outside room 1127-1129

## Highlights

### Getting to know Alaskan plants\*

April 25  
10 a.m. – Noon  
Mt. Marathon Building  
Denali room  
Join us at the first ever  
Getting to Know Alaskan  
Plants Learning Circle! This  
is an opportunity to learn  
how to harvest, care for, and  
use Alaskan plants.  
Pre-registration is required.  
Call (907) 729-2689 for  
more information.

\*Pre-registration is required before participation in this learning circle. Call (907) 729-2689 to register. Activities are open to SCF and ANTHC employees, family members, and customer-owners. Understanding Pregnancy class is available by appointment only; call (907) 729-2689 to schedule.





## HEALTHY HABITS CHALLENGE

# My Alaska Wellness Challenge:

Pledge to be alcohol free for one weekend in the month of April for a chance to win a health incentive.

## Recipe of the Month

### Herbed Quinoa

#### Ingredients:

- 1 cup quinoa, dried
- 2 cups water
- 1 teaspoon low-sodium chicken broth
- 1/2 cup fresh basil and flat leaf parsley, chopped; or 1 teaspoon SCF Mediterranean herb blend
- 1 cup red bell pepper, finely diced, or your choice veggie for a fresh crunch

#### Directions:

1. Cook the quinoa according to the package directions, with chicken broth. If using dried spices, add as well.
2. Put cooked quinoa into a large bowl.
3. Add fresh herbs and red bell pepper or fresh vegetable of choice; mix. Makes 12 servings.

#### Nutritional Information (per 1 bar):

Calories 50	Sodium 40mg
Total fat 1g	Total Carbohydrate 9g
Saturated fat 0g	Dietary fiber 1g
Cholesterol 0mg	Sugars 0g

Source: Health Education