Health Education June Wellness Activities

Monday

Quit Tobacco Class*
Noon – 2 p.m.
ANPCC

Tuesday

Quit Tobacco Class*
1 – 3 p.m.
ANPCC

Dinner Makes a Difference Specialty*
June 11
5:15-6:30 p.m.
Please join us at Dinner Makes a Difference Specialty class to learn benefits of Alaskan wild rose. There will be hands on activity and a sample of our featured recipes.
Mt. Marathon building

Wednesday

Toddler Time
10 – 10:50 a.m.
Mt. Marathon building

Snuggle Time
Noon – 1 p.m.
Mt. Marathon building

Birthing Basics*
June 5, 12
3 – 5 p.m.
Mt. Marathon building
Denali room

Power of Hope Cancer and Educational Social Group Luncheon
June 26
Noon – 1 p.m.
Mt. Marathon building

Thursday

My AK Wellness
1 – 2 p.m.
ANPCC lobby

Getting to Know Alaskan Plants*
June 27
10 a.m. – noon
Mt. Marathon building
Denali room

Friday

Dinner Makes a Difference
11 a.m. – 1 p.m.
ANPCC room 1127 – 1129

Highlights

Men's Health Week
June 10 — 16
It's National Men's Health Week! Make prevention a priority by calling (907) 729-3300 to discuss screening options with your primary care team. Regular screenings may include blood pressure, cholesterol, glucose, prostate health, and more.

*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:

Track your steps in My Ak Wellness for a chance to win a health incentive.

Recipe of the Month

Ranch Dip

Ingredients:

- 2/3 cup light buttermilk
- 2/3 cup light sour cream
- 2/3 cup light or olive oil mayonnaise
- 1/2 onion, minced
- 1/2 cup dill, roughly-chopped fresh
- 1 tablespoon SCF salt.

Directions:

1. In a medium bowl, add first three ingredients and whisk together.
2. Add the rest of the ingredients and stir to combine.
3. Refrigerate for 30 minutes. Serve with fresh veggies as a healthy after school snack. Serves 21.

Nutritional Information (per 2 tablespoons serving):

Calories 40
Total Fat 3g
Saturated Fat 1g
Trans Fat 0g
Cholesterol 5mg
Sodium 150 mg
Total Carbohydrate 2g
Dietary Fiber 0g
Sugars 1g
Protein 1g

Source: Just a Taste