

December Wellness Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Quit Tobacco Class* Dec 2, 9, 16 Noon - 2 p.m. ANPCC	Lose to Win Celebration Dec 3 11:30 a.m. - 1 p.m. Denali Room Mt. Marathon Building Join Lose to Win on Dec 3 for the celebration of the last class of the fall session!	Toddler Time Dec 4, 11 10 - 10:50 a.m. Mt. Marathon Building	Power of Hope Dec 19 Noon - 1 p.m. Mt. Marathon Building	Dinner Makes a Difference Dec 6, 13 11 a.m. - 1 p.m. ANPCC Room 1127-1129
	Quit Tobacco Class* Dec 3, 10, 17 1 - 3 p.m. ANPCC	Snuggle Time Noon - 1 p.m. Mt. Marathon Building	My Ak Wellness 1 - 2 p.m. ANPCC	
	Closed December 24 in observance of Christmas Eve.	Closed December 25 in observance of Christmas Day		

*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.

Southcentral Foundation | Health Education | Mt. Marathon Building
 907-729-2689 | southcentralfoundation.com





My Alaska Wellness Challenge:

Submit your favorite healthy substitute for holiday recipes on My Ak Wellness and be entered to win a health incentive! E-mail our team at scfmyakwellness@southcentralfoundation.com for more information on how to sign up!

TODDLER TIME
2019
Winter Wonderland
CELEBRATION

Dec. 11
10 – 11:30 a.m.
Mt. Marathon Building
Healthy Food Demonstration
Play Station 10 – 11 a.m.
Photo Booth
Arts and Crafts
Sugar Cookie Decorating

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