Health Education February Wellness Activities

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quit Tobacco Class*</td>
<td>Lose to Win</td>
<td>Toddler Time</td>
<td>Birthing Basics*</td>
<td>Dinner Makes a Difference</td>
</tr>
<tr>
<td>Noon - 2 p.m. ANPCC</td>
<td>11:30 a.m. - 1 p.m. Mt. Marathon Building</td>
<td>10 - 10:50 a.m. Mt. Marathon Building</td>
<td>Feb 6, 13 3 - 5 p.m. Mt. Marathon Building</td>
<td>11 a.m. - 1 p.m ANPCC Room 1127-1129</td>
</tr>
<tr>
<td>Quit Tobacco Class*</td>
<td>Snuggle Time</td>
<td></td>
<td>My Ak Wellness</td>
<td>Heart Health Events</td>
</tr>
<tr>
<td>1 - 3 p.m. ANPCC</td>
<td>Noon - 1 p.m. Mt. Marathon Building</td>
<td></td>
<td>12 - 1 p.m. ANPCC</td>
<td>Feb 7, 14, 21 11 a.m - 1 p.m ANPCC Lobby</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Power of Hope</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Feb 27 Noon - 1 p.m. Mt. Marathon Building</td>
<td></td>
</tr>
</tbody>
</table>

*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.02 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
February is Heart Health Month

**Healthy Habits Challenge**

**My Ak Wellness**

Share your favorite healthy stress reducing techniques on My Ak Wellness for an opportunity to win a health incentive!

---

**Health Education Learning Circles**

**Birthing Basics**
This is a two-part series for women in their third trimester (28-42 weeks of pregnancy. Pre-registration is required. Call Health Education for more information.

**Dinner Makes a Difference**
Learn about meal prep, grocery budgeting, and how to get the kids involved in the kitchen. Walk-ins welcome.

**Lose to Win**
The Lose to Win weight loss program is an evidenced-based weight management program that focuses on healthy lifestyle changes.

**Power of Hope**
An educational and social luncheon with information and resources on cancer prevention and management. All are welcome.

**Quit Tobacco**
Choosing to quit tobacco is one of the best choices you can make for your health. Contact Health Education for more information.

**Snuggle Time**
Weekly learning circle for infants and their parents or caregivers, guided support and education on newborn care, breastfeeding, and other related topics.

**Toddler Time**
Weekly learning circle for toddlers and their parents or caregivers. Featuring Zumbini and other fun educational activities, such as singing, dancing, and crafts for little fingers.