

# Health Education March Wellness Activities



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Quit Tobacco Class\***

Noon - 2 p.m.  
ANPCC

**Lose to Win**

11:30 a.m. - 1 p.m.  
Mt. Marathon Building

**Toddler Time**

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

**Birthing Basics\***

Mar 5, 12  
3 - 5 p.m.  
Mt. Marathon Building

**Dinner Makes a Difference**

11 a.m. - 1 p.m.  
ANPCC  
Room 1127-1129

**Quit Tobacco Class\***

1 - 3 p.m.  
ANPCC

**Snuggle Time**

Noon - 1 p.m.  
Mt. Marathon Building

**My Ak Wellness**

12 - 1 p.m.  
ANPCC

**Colorectal Cancer Awareness Event**

Mar 6  
11 a.m. - 1 p.m.  
ANPCC Lobby  
See reverse side for more information.

**Tobacco Free Kids Day**

Mar 11  
11 a.m. - 1 p.m.  
ANPCC Lobby

**Power of Hope**

Mar 26  
Noon - 1 p.m.  
Mt. Marathon Building

**Colorectal Cancer Awareness Event**

Mar 19  
11 a.m. - 1 p.m.  
ANPCC Lobby

\*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.



# COLORECTAL CANCER IS PREVENTABLE • TREATABLE • BEATABLE

March is Colorectal Cancer Awareness month. Join us to learn more about Colorectal Cancer Prevention and screening options.

11 a.m. - 1 p.m. | March 6, 19 | ANPCC Lobby

## Healthy Habits Challenge My Ak Wellness



Pledge to turn off electronics one hour before bed to promote sleep health for a chance to win a health incentive. Contact 907-729-2689 for more information.

## 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. Contact (907) 729-2689 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 (907) 729-2689 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; singing, dancing, and crafts for little fingers.

Southcentral  
Foundation

