



Southcentral
Foundation



Teatime with Elders

Virtual Learning Circle

Thursdays, 12:30 - 1:30 p.m.

Thursday, April 1

Stress Management

Learn how to manage your stress levels.

Thursday, April 8

Gentle Yoga

Discuss the importance of breath, affirmation, positive thinking, and practice gentle yoga exercises.

Thursday, April 15

Get Your Garden Growing

Green thumb or not, get your garden growing.

Thursday, April 22

Alaska Plants Presentation

Expand your knowledge to recognize and value the plants in our backyards.

Thursday, April 29

Services of Interest

Learn how occupational therapy can improve your daily living.

For more information or if you have questions, contact SCF Health Education at (907) 729-2689 or scfelderswellness@southcentralfoundation.com.



Scan this QR code to join the SCF learning circle.

To participate online, please follow these simple steps:

1. Visit Zoom.us in your browser on the day and time of the desired class.
2. Select Join a Meeting in the top left corner of the screen.
3. Enter the meeting ID: 937 5949 4088
4. Enter the meeting password: HealthEd!!
5. Get connected.

To call in and participate via phone, follow these simple steps:

1. Call (646) 558-8656 on the day and time of your desired class.
2. When prompted, enter the 11-digit meeting ID: 937 5949 4088, then press #.
3. Get connected.