

# Power of Hope

## Cancer and Education Social Group



You are invited to join us.

Jan. 14 and 28

Feb. 11 and 25

March 11 and 25

When cancer touches your life, or that of a loved one, we know how important it is to have a network of friends for support. The Power of Hope Cancer and Education Social Group is a place where you can find support and discover healthy methods to manage living with, and surviving, cancer. Professionals will share stories on nutrition and meal planning, cancer prevention, risk factors and early detection, gene counseling, coping with stress, choosing the right treatment options, and more.

### Who:

Anyone in the community going through cancer treatment, cancer survivors, caregivers, or support partners.

### What:

A support learning circle, designed to provide cancer education and support.

### When:

**Noon - 1 p.m., on the second and last Thursday of every month**

If the last Thursday of the month falls on a holiday, the learning circle will be held the week prior to the holiday (see calendar on back).

### Where:

**Zoom Meeting ID:** 952 4922 9602

**Password:** HealthEd!

**Call-in:** (646) 558-8656

**Call-in password:** 224 233 7809

### Join a Zoom Meeting:

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 for the desired class.
4. Enter the meeting password.
5. Connect!



SCAN THIS QR CODE  
TO JOIN THE SCF  
LEARNING CIRCLE.

Health Education

(907) 729-2689

southcentralfoundation.com

scfpowerofhope@southcentralfoundation.com



# 2021 Power of Hope Schedule

## January

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## February

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

## March

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## April

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## May

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## June

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## July

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## August

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## September

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## October

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## November

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## December

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	