



# Power of Hope

## Cancer and Education Social Group

### You are invited to join us.

Southcentral Foundation Health Education offers cancer prevention learning opportunities and support services. The Power of Hope Cancer and Education Social Group is a place where you can find support and discover healthy methods for preventing, managing, and surviving cancer. There are two ways to get involved:

#### **Sacred Space | Second Thursday of the Month**

This monthly learning circle session provides a space for customer-owners and their support members to discuss milestone, feelings, and concerns about their cancer experience in a caring atmosphere. Attendees share their journeys, thoughts, and encourage others in a safe and supportive environment.

#### **| Cancer Prevention Education | Fourth Thursday of the Month**

This monthly learning circle includes specialists in the field of cancer sharing knowledge on nutrition, meal planning, cancer prevention, risk factors, early detection, 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 Thursday falls on a holiday, the learning circle will be held the week prior to the holiday (see calendar on back).

### Where:

**Zoom Meeting ID:** 959 7817 7527

**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.

SCF 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	