



Teatime with Elders

Virtual Learning Circle

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

Thursday, Nov. 4

Diabetes Prevention

During American Diabetes Month, learn how diet, exercise, and lifestyle choices can reduce your risk of diabetes.

Thursday, Nov. 11

No class

Closed for Veterans Day.
Class will resume next week.

Thursday, Nov. 18

Bladder Health Month

Participate in a presentation about how to keep your bladder healthy.

Thursday, Nov. 25

No class

Closed for Thanksgiving Day.
Class will resume next week.

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.