

DINNER MAKES A DIFFERENCE LEARNING CIRCLE



SCAN THIS QR
CODE TO JOIN!

Friday noon – 1 p.m.
via Zoom

Meeting ID: 926 3324 7356

Password: HealthEd!

Nutrition and Cervical Cancer Prevention

This month, we will explore how nutrition plays a role in cervical cancer prevention, along with screenings and vaccinations. Family members of all ages are encouraged to join us while we discuss how certain daily and annual habits can help prevent cancer.

Contact SCF Health Education at (907) 729-2689 to learn more.

Friday, Jan. 7

Beet and Ricotta Hummus

Learn new ways to incorporate beets into your diet to promote cervical cancer prevention.

Friday, Jan. 14

Super Green Soup

Learn how to make a health conscious meal, by adding folate-rich ingredients to a tasty soup.

Friday, Jan. 21

Super Food Smoothie

Learn why you should eat leafy greens and how these super foods can improve your health.

Friday, Jan. 28

Garlic Broccolini

Learn how vegetables can promote healthy cell growth and help prevent the development of cancer.