



# Teatime with Elders

## Virtual Learning Circle

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

**Thursday, Jan. 6**

### **Protect Our Warrior Princess**

It takes a village to teach our children about cervical cancer risks and prevention.

**Thursday, Jan. 13**

### **Health Literacy**

Take charge of your health by learning how to communicate your needs and questions effectively.

**Thursday, Jan. 20**

### **Alzheimer's Resource of Alaska**

Play brain games specifically designed to sharpen your mental health.

**Thursday, Jan. 27**

### **Mindful Meditation**

Learn a new way to stay mentally present and other self-care techniques.

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