



Teatime With Elders

Virtual Learning Circle

Every second and fourth Thursday
of the month, 12:30 - 1:30 p.m.

Thursday, Sept. 8

Brain Health

10 Ways to Love Your Brain

Thursday, Sept. 22

Alaska Grown Antioxidants

Berry Facts and Recipes

For more information or if you have questions, contact Southcentral Foundation 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.