



# 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](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.