



Teatime With Elders Virtual Learning Circle

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

Thursday, Feb. 9

Heart Health

Heart Healthy Lifestyles

Thursday, Feb. 23

Good Fats

Omega-3 and Aging Well

For more information or if you have questions, contact 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.