

Learning Circles

Southcentral Foundation Health Education is providing hybrid learning circles via Zoom and in person.

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 for the desired class, found in the table.
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 for the desired class, found in the table. Then press #.
3. Get connected!

MONDAY

Currently not hosting learning circles on Mondays.

TUESDAY

11:30 a.m.-1 p.m.
Lose to Win
MEETING ID:
987-2163-4738

Description:
Focus healthy lifestyle changes with this evidence-based weight management program.

WEDNESDAY

10-10:50 a.m.
Toddler Time
MEETING ID:
966-1195-2949

Description:
Participate in educational and fun activities for toddlers. Sing, craft, and play with other children in the community.

THURSDAY

Noon-1 p.m. (First Thursday of each month)
Power of Hope
MEETING ID:
959-7817-7527

Description:
Learn about helpful cancer prevention resources and receive support and tips for managing life with cancer.

12:30-1:30 p.m.
Teatime with Elders
ELDER PROGRAM
6901 E Tudor Rd.
#8, Anchorage, AK 99507

Description:
Participants, ages 55 and older, participate in engaging activities and conversations about maintaining health and wellness.

FRIDAY

Noon-1 p.m.
Dinner Makes a Difference
LEARNING KITCHEN
ANCHORAGE NATIVE
PRIMARY CARE CENTER
4320 Diplomacy Dr.
Anchorage, AK 99508

Description:
Customer-owners of all ages are encouraged to join. Taste a sample of the featured recipe and hear about health-related information and disease prevention.

Health Education | (907) 729-2689 | southcentralfoundation.com

