

**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!



Learning Circles

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.

(Second Thursday of each month)

Power of Hope

***Learning Kitchen**

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**

Description:

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

Noon-1:30 p.m.

Pathways to Prevention

***Learning Kitchen**

Description:

Offers the fundamentals to enhance overall health by combining certain foods or ingredients that can provide more nutrients than eating them separately.

FRIDAY

Noon-1 p.m.

Dinner Makes a Difference

***Learning Kitchen**

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.

***Learning Kitchen**

Anchorage Native
Primary Care Center
4320 Diplomacy Dr.
Anchorage, AK 99508

***Elder Program**

6901 E Tudor Rd.
#8, Anchorage, AK 99507