

Power of Hope

Support Group

You are invited to join us. Southcentral Foundation Health Education offers cancer prevention learning opportunities and support services. The Power of Hope Cancer and Education Support Group is a place where you can discover healthy methods for preventing and managing cancer, and survivorship support.



WHO:

Anyone in the community going through cancer treatment, cancer survivors, caregivers, or support partners.

WHAT:

A support learning circle, designed to provide cancer education and support.

WHEN:

Noon-1 p.m. on the second Thursday of every month.

WHERE:

Anchorage Native Primary Care Center Learning Kitchen
4320 Diplomacy Drive



Power of Hope

Pathways to Prevention



Southcentral Foundation Health Education offers the idea that combining certain foods or ingredients provides more nutrients than eating them separately. Learn more through nutrition education at a monthly learning circle, Pathways to Prevention.

In this monthly interactive nutrition learning series, you will be introduced to fundamentals of food and how they can support and enhance overall health. The body relies on many pathways working together to function best.

JAN 25 **Support Your Health with Omega-3's**

- Salmon Nori Wraps

FEB 22 **Healthy Trio**

- Caprese Sliders

MARCH 28 **Probiotics Powerhouse**

- Healthy Twist Ramen
Noodles In A Jar

WHO:

Anyone in the community.

WHAT:

Pathways to Prevention learning circle offers a deeper understanding of foods healing benefits education and support services.

WHEN:

Noon to 1:30 p.m. on the fourth Thursday of every month.

WHERE:

Anchorage Native Primary Care Center Learning Kitchen
4320 Diplomacy Drive
Anchorage, AK 99508

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