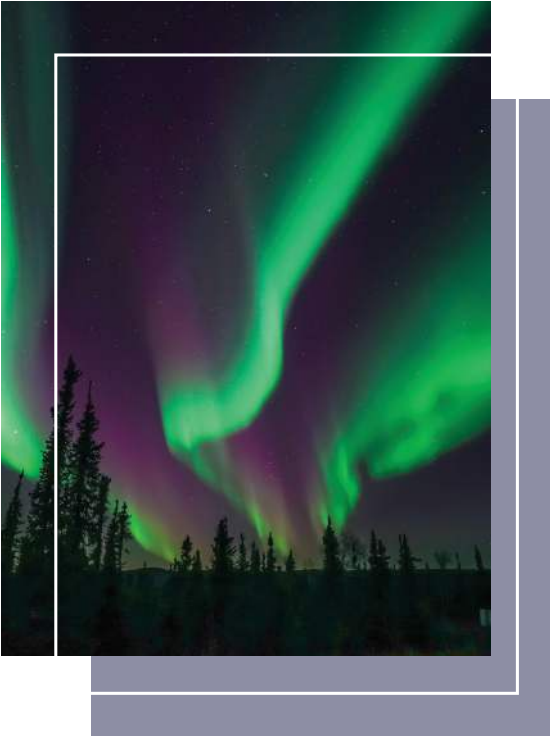


# JANUARY

## Cultural Class Calendar



**Traditional Healing Clinic**  
 4320 Diplomacy Drive, Suite 1010  
 Anchorage, AK 99508  
 907-729-4958



Scan the QR code to register.



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-63. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> New Year's Day Holiday Closure	<b>2</b> Mindful Morning 8:15-9 a.m.  Felt Beading 1-2 p.m. 3-4 p.m.	<b>3</b> Teatime 11 a.m.-noon
<b>6</b> Inuk Fur Hat Day 1 1-3 p.m.	<b>7</b> Inuk Fur Hat Day 2 1-3 p.m.	<b>8</b> Project Circle 9-10:30 a.m. 1:30-3 p.m.  Breathing into Energy Centers Noon-1 p.m. 3-4 p.m.	<b>9</b> Mindful Morning 8:15-9 a.m.  Drawstring Bag 1-2 p.m. 3-4 p.m.	<b>10</b> Bath Bomb Making 9-10 a.m. 2-3 p.m.
<b>13</b>	<b>14</b> Lanyards 1-2 p.m. 3-4 p.m.	<b>15</b> Breathing into Energy Centers Noon-1 p.m. 3-4 p.m.  Drum Design 1-3:30 p.m.	<b>16</b> Mindful Morning 8:15-9 a.m.  Felt Beading Edging Styles 1-2 p.m. 3-4 p.m.	<b>17</b> Teatime 11 a.m.-noon
<b>20</b> Martin Luther King Jr. Holiday Closure	<b>21</b> Mindful Morning 8:15-9 a.m.	<b>22</b> Project Circle 9-10:30 a.m. 1:30-3 p.m.  Mixed Talking Circle Noon-1 p.m. 3-4 p.m.	<b>23</b> Mindful Morning 8:15-9 a.m.	<b>24</b> Lotion Making 9-10 a.m. 2-3 p.m.
<b>27</b>	<b>28</b> Mindful Morning 8:15-9 a.m.  Leather Pouch 1-2 p.m. 3-4 p.m.	<b>29</b> Breathing into Energy Centers Noon-1 p.m. 3-4 p.m.	<b>30</b> Mindful Morning 8:15-9 a.m.  Earring Design 1-2 p.m. 3-4 p.m.	<b>31</b> Teatime 11 a.m.-noon  

# Classes



## **Bath Bomb Making**

Learn how to make a basic bath bomb, a dried emollient and softener to add to your bath water that will moisturize and soothe the skin.

## **Breathing into Energy Centers**

We all have energy centers within us. This one-hour class introduces a meditative exercise focused on breathing into each of the nine energy centers, or chakras, based on the teachings of SCF's first Tribal doctor, Rita Blumenstein. This practice can enhance self-awareness and help uncover individual gifts.

## **Drawstring Bag Making**

Learn to make a simple drawstring bag.

## **Drum Design**

This two-hour class is for participants who have completed the drum making class and want to personalize their drums with a unique design. Bring your drum and creativity, and instructors will guide you through selecting a design, choosing the right materials, and applying your artwork.

## **Earring Design**

Learn the basics of designing your own earrings. Markers and graph paper will be used to draft your earring design.

## **Felt Beading**

Learn the basics of felt beading, the foundation of regalia making.

## **Felt Beading: Edging Styles**

Felt beading edging can be very different based on patterns, counting, colors, and shapes. Come learn about beaded edging styles in this class.

## **Inuk Fur Hat**

This two-day class will teach you how to hand sew a fur hat from a basic pattern. Participants are expected to attend both days.

## **Lanyard Making**

Design your own lanyard. These beaded necklace-length badge holders have a magnetic breakaway clasp.

## **Leather Pouch Making**

Learn to create your own leather pouch and the history of these crafts.

## **Lotion Making**

Learn a basic lotion recipe and take home a sample. Instructors will discuss diverse ingredients to create lotions for different uses.

## **Mindful Morning**

A mindful morning routine is a way to start your day with the gift of serenity, a sense of calm and clarity to set yourself up for success. Join this morning gathering to connect with others and begin your day with intention.

## **Mixed Talking Circle**

Learn about the talking circle ceremony for healing in this introductory class. Returning participants are welcome to join.

## **Project Circle**

Bring any creative project with you to class. Set aside this time to make progress and enjoy the company of others while you work. Share and receive ideas and techniques. There will be supplies on hand.

## **Teatime**

Learn about the services provided at the Traditional Healing Clinic and enjoy samples of different herbal teas in the Anchorage Native Primary Care Center lobby. No registration required.

