



Teatime with Elders

6901 E. Tudor Rd. Suite 8, Anchorage, AK
Thursdays, 12:30-1:30 p.m.

Thursday, March 7

Colorectal Health

Thursday, March 14

Colon Health Foods

Thursday, March 21

**Declutter the Home,
Declutter the Mind**

Thursday, March 28

Take Charge of Your Thoughts

Customer-owners ages 55 and older are welcome to join for tea, activities, and conversations about maintaining health and wellness!

For more information or if you have questions, contact Southcentral Foundation Health Education at (907) 729-2689 or scfelderswellness@southcentralfoundation.com.