



Teatime with Elders

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

Thursday, April 4

Beading Class

Thursday, April 11

**Shopping on a Budget to Prevent
Type 2 Diabetes**

Thursday, April 18

Get Your Garden Growing

Thursday, April 25

Yoga/Tai Chi for Relaxation

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.