

# 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.



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### WHO:

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

### WHAT:

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

### WHEN:

The second Thursday of every month from noon to 1 p.m.

### WHERE:

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



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## 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.

### APRIL 25

#### Superfood, Super You!

- Healthy Salad Dressings

### MAY 23

#### Spice Up Your Life!

- Salt-free Seasoning Recipes

### JUNE 27

#### The Secret is in the Sauce!

- Home Made Sauces



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#### WHO:

Anyone in the community.

#### WHAT:

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

#### WHEN:

The fourth Thursday of every month from noon to 1:30 p.m.

#### WHERE:

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

#### SCF Health Education

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