



Teatime with Elders

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

Thursday, May 2

Women's Health Month

Thursday, May 9

Spruce Tips Education and Recipes

Thursday, May 16

Alaskan Plants

Thursday, May 23

Home Safety/Fall Prevention

Thursday, May 30

Keep Active and Independent

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.