

# MAY

## Cultural Class Calendar



### Traditional Healing Clinic

4320 Diplomacy Drive, Suite 1010  
Anchorage, AK 99508  
907-729-4958



Scan the QR code to register.



**ALASKA NATIVE  
MEDICAL CENTER**



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. 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> <b>Mindful Morning</b> 8-9 a.m.  <b>Edge Beading</b> 1-2 p.m.; 3-4 p.m.  <b>Talking Circle</b> Noon-1 p.m.; 3-4 p.m.	<b>2</b> <b>Plant Walk</b> 11:30 a.m.-1 p.m.
<b>5</b> <b>Kuspuk Making</b> 9 a.m.-3 p.m.	<b>6</b> <b>Mindful Morning</b> 8-9 a.m.  <b>Drumming as Medicine</b> Noon-1 p.m.; 3-4 p.m.  <b>Salve Making</b> 1-2 p.m.; 3-4 p.m.	<b>7</b> <b>Breathing into Energy Centers</b> 1-2 p.m.; 3-4 p.m.	<b>8</b> <b>Talking Circle</b> 12-1 p.m.; 3-4 p.m.	<b>9</b> <b>Facial Toner</b> 9-10 a.m.; 2-3 p.m.  <b>Teatime</b> 11-12 a.m.
<b>12</b> <b>Kuspuk Making</b> 9 a.m.-3 p.m.	<b>13</b> <b>Mindful Morning</b> 8-9 a.m.  <b>Drumming as Medicine</b> Noon-1 p.m.; 3-4 p.m.	<b>14</b> <b>Earring Design</b> 9-10 a.m.; 2-3 p.m.  <b>Breathing into Energy Centers</b> 1-2 p.m.; 3-4 p.m.	<b>15</b> <b>Mindful Morning</b> 8-9 a.m.  <b>Talking Circle</b> Noon-1 p.m.; 3-4 p.m.	<b>16</b> <b>Plant Walk</b> 11:30 a.m.-1 p.m.  <b>Power of Words</b> 3-4 p.m.
<b>19</b>	<b>20</b> <b>Mindful Morning</b> 8-9 a.m.  <b>Drumming as Medicine</b> Noon-1 p.m.; 3-4 p.m.	<b>21</b> <b>Breathing into Energy Centers</b> 1-2 p.m.; 3-4 p.m.	<b>22</b> <b>Mindful Morning</b> 8-9 a.m.  <b>Talking Circle</b> Noon-1 p.m.	<b>23</b> <b>Devil's Club Processing</b> 3-5 p.m.
<b>26</b> <b>Memorial Day</b>  <b>Holiday</b>  <b>SCF Closed</b>	<b>27</b> <b>Drumming as Medicine</b> Noon-1 p.m.; 3-4 p.m.	<b>28</b> <b>Project Circle</b> 9-10:30 a.m.; 1:30-3 p.m.  <b>Breathing into Energy Centers</b> 1-2 p.m.; 3-4 p.m.	<b>29</b> <b>Talking Circle</b> 11-12 a.m.	<b>30</b> <b>Facial Toner</b> 9-10 a.m.; 2-3 p.m.  <b>Plant Walk</b> 11:30 a.m.-1 p.m.



# Classes



## **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.

## **Drumming as Medicine**

Learn how to play hand drum in five easy steps.

## **Earring Design**

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

## **Facial Toner Making**

Learn how to make a basic facial toner and discuss the benefits of incorporating this step in your regular skin care routine. Create a toner customized to your individual skin care needs.

## **Kuspuk Making**

Qaspeqs (Iñupiaq) or atikluks (Yup'ik), commonly known as kuspuks, are a traditionally made over shirt distinguished by its loose fit, large front pocket and decorative trim. Participants will learn basic garment construction techniques in this two-day class. Space is limited, and attendance at both sessions is required.

## **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.

## **Plant Walk**

Go on a walk with our Cultural Specialists who will give a guided tour of local plants found in the area and some of their uses.

## **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.

## **Power of Words**

Learn to recognize that our words are powerful and how apply to everyday life.

## **Talking Circle**

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

## **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.

## **Salve Making**

Learn the basic salve recipe and take home a small sample. Learn about medicinal plants, shrubs, and trees that grow in Southcentral Alaska and can be used in salves.



### **Basket Weaving**

Learn how to create a Cherokee-inspired basket in this two-day class.

### **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.

### **Bracelet Making**

Learn the basics of designing and creating a beaded bracelet.

### **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.

### **Cedar Bark Basket Necklace Making**

Learn to weave a cedar bark basket necklace.

### **Christmas Earring Making**

Learn to brick stitch bead a pair of festive earrings.

### **Culture Connects: Alaska Native and American Indian Heritage Month**

Join Southcentral Foundation, family, and friends at the Anchorage Native Primary Care Center lobby to enjoy Alaska Native dancers, healthy snacks, crafts, and more.

### **Deer Toe Rattle Making**

**Learn to craft a deer toe rattle using devil's club and dried deer toes fastened with imitation sinew. Instructors will discuss the cultural significance of this instrument.**

### **Devil's Club Infusion**

Learn to make a basic oil infusion with devil's club.

### **Devil's Club Salve Making**

Learn to make a basic salve with devil's club.

### **Drawstring Bag Making**

Learn to hand sew a drawstring bag with a pre-cut fabric kit. Participants will start the project in class and complete it at home, applying the skills and techniques learned. Materials will be provided.

### **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.

### **Drum Making**

Learn the basics of making a leather drum and drumstick.

### **Earring Design**

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

### **Facial Scrub Making**

Learn how to make a basic facial scrub and discuss the benefits of incorporating this step in your regular skin care routine. Create an exfoliant customized to your individual skin care needs.

### **Facial Toner Making**

Learn how to make a basic facial toner and discuss the benefits of incorporating this step in your regular skin care routine. Create a toner customized to your individual skin care needs.

### **Felt Beading**

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

### **Jelly Making**

Learn a basic food preservation recipe for homemade berry jelly.

### **Kakiviik Sewing Bag Making**

Learn to make a sewing bag to hold your basic sewing supplies.

### **Kuspuk Making**

Qaspeqs (İñupiaq) or atiktuks (Yup'ik), commonly known as kuspuks, are a traditionally made over shirt distinguished by its loose fit, large front pocket and decorative trim. Participants will learn basic garment construction techniques in this two-day class. Space is limited, and attendance at both sessions is required.

### **Lanyard Making**

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

### **Leather Beading**

This class will focus on beaded edging for beginners and those looking to refine their beading skills. This class will focus on beaded edging. This versatile finishing technique adds structure and decoration to any project applied to.

### **Leather Pouch Making**

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

### **Lip Balm Making**

Learn a basic lip balm recipe and take a home a sample.

### **Lotion Making**

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

### **Mixed Talking Circle**

Learn about the talking circle ceremony for healing in this introductory class. Returning participants are welcome to join. Nine Negations  
This talking circle focuses on exploring our both positive and negative qualities. Each week, participants will discuss a different negation topic, examining its physical, mental, emotional, and spiritual effects.

### **Processing Devil's Club**

Learn the methods of processing devil's club. A plant native to Alaska, devil's club has been traditionally prepared by communities of the Pacific Northwest for its medicinal qualities.

### **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.

### **Salve Making**

Learn the basic salve recipe and take home a small sample. Learn about medicinal plants, shrubs, and trees that grow in Southcentral Alaska and can be used in salves.

### **Sewing Kit Making**

Learn how to hand sew a sewing kit using leftover fabric pieces from previous classes.

### **Simple Syrup Making**

Learn a simple syrup recipe and take home a sample.

### **Storytelling**

Join this circle as we share new and old stories. Feel free to bring an item that resonates with you personally and assists with sharing a story.

### **Wristlet Design**

Learn the basics of designing and creating a beaded wristlet.

### **Christmas Earring Making**

Learn to brick stitch bead a pair of festive earrings.