

# 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 find survivorship support.



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**WHO:**

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

**WHAT:**

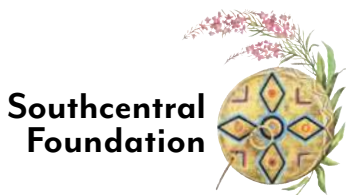
A learning circle designed to provide cancer education and support.

**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



# Power of Hope

## Pathways to Prevention



Southcentral Foundation Health Education offers nutrition education. Learn more through nutrition education at the monthly learning circle, Pathways to Prevention.

**In this monthly interactive nutrition learning series, you will be introduced to the fundamentals of how food can support and enhance overall health. The body relies on many pathways working together to function best.**



### JULY 24

#### **Eat Your Sunscreen!**

- Enjoying wild Alaskan salmon may prevent sun damage.

### AUG. 28

#### **Sushi in a Jar**

- Create your very own sushi in a jar (cooked salmon) and view a presentation on eye health.

### SEPT. 25

#### **A Fresh Approach**

- Make a variety of hummus dishes paired with fresh harvested vegetables.

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#### **WHO:**

All community members.

#### **WHAT:**

Pathways to Prevention learning circle offers a deeper understanding of food's 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**

907-729-2689

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