

FEBRUARY

Cultural Class Calendar



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



Scan the QR code to register.



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
2 B Kuspuks Day 1 9 a.m.-3 p.m. B Mindful Mondays 4-4:30 p.m.	3 B Mindful Mornings 8:15-9 a.m. B Ahtna Animals 11 a.m.-noon B Drum as Medicine Noon-1 p.m.; 3-4 p.m.	4 I Fur Balls 10 a.m.-noon B Breathe into Energy Noon-1 p.m.; 3-4 p.m. B Felt Beading 2-3 p.m.	5 B Pin Cushions 9-10:30 a.m. B Talking Circle Noon-1 p.m.; 3-4 p.m. I Fabric Flowers 1-2 p.m.	6 I Tote Bags 9 a.m.-noon B Fry Bread 2-4 p.m.
9 B Kuspuks Day 2 9 a.m.-3 p.m. B Mindful Mondays 4-4:30 p.m. B Valentine Print Cards 4-5 p.m.	10 B Mindful Mornings 8:15-9 a.m. I Beading Edging Designs 9-10 a.m.; 11 a.m.-noon B Drum as Medicine Noon-1 p.m.; 3-4 p.m.	11 I Beading Edging Designs 9-10 a.m.; 11 a.m.-noon B Breathe into Energy Noon-1 p.m.; 3-4 p.m. B Valentine Print Cards 4-5 p.m.	12 B Wire Dreamcatchers 9-11 a.m. B Talking Circle Noon-1 p.m.; 3-4 p.m.	13 B Fry Bread and Blueberries 10 a.m.-noon B Leather Pouches 2-4 p.m.
16 PRESIDENTS DAY SOUTHCENTRAL FOUNDATION CLOSED	17 B Mindful Mornings 8:15-9 a.m. B Ahtna Animals 9-11 a.m. B Drum as Medicine Noon-1 p.m.; 3-4 p.m.	18 I Fur Balls 10 a.m.-noon B Salve Making 1-2:30 p.m. B Breathe into Energy 3-4 p.m.	19 I Fabric Flowers 10 a.m.-noon B Talking Circle 3-4 p.m.	20 B Project Circle 9-11 a.m. B Devil's Club Beaded Jewelry 2-4 p.m.
23 B Kuspuks Day 3 9 a.m.-3 p.m. B Mindful Mondays 4-4:30 p.m.	24 B Mindful Mornings 8:15-9 a.m. I Ahtna Chokers 9-10 a.m.; 2-3 p.m. B Drum as Medicine Noon-1 p.m.; 3-4 p.m.	25 B Fry Bread and Blueberries 10 a.m.-Noon B Breathe into Energy Noon, 1 p.m.; 3-4 p.m. B Salve Making 1-2:30 p.m.	26 B Talking Circle Noon-1 p.m.; 3-4 p.m. I Fur Balls 1-3 p.m.	27 B Wire Dreamcatchers 10 a.m.-noon B Devil's Club Beaded Jewelry 2-4 p.m.
New Class Calendar Feature! Not sure if class difficulty meets your skill level? Classes are now labeled as beginner, intermediate, or advanced to assist you in determining what classes would be best for you. Look for the letters B for beginners, I for intermediate, and A for advanced on the class calendar.				Class Skill Level Key: B = Beginner I = Intermediate A = Advanced

