

# 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:**

Yagheli Shesh Qenq'a 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 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.**



### **APRIL 23** **Dressing Up Your Greens**

- Join us to learn how to make simple, delicious homemade salad dressings using whole ingredients and minimal additives.

### **MAY 28** **Simple Shrimp Bowl**

- Join us in creating one pot shrimp bowls in a fun, hands-on class where everyone cooks together.

### **JUNE 25** **Catch of the Day: Reel Good Salmon Patties**

- Join us for a hands-on lesson where you'll learn to turn your fresh catch into salmon patties.

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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:**

Yagheli Shesh Qenq'a Anchorage Native Primary Care Center  
Learning Kitchen  
4320 Diplomacy Drive, Anchorage, AK 99508

#### **SCF Health Education**

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