

OCTOBER

Cultural Class Calendar



Monday

**Monday,
October 5**

Mindful Mondays
4-4:30 p.m.

**Monday,
October 12**

Holiday Closure
Indigenous Peoples' Day

**Monday,
October 19**

Mindful Mondays
4-4:30 p.m.

**Monday,
October 26**

Mindful Mondays
4-4:30 p.m.

Tuesday

**Tuesday,
October 6**

Mindful Mornings
8:15-8:45 a.m.

**Tuesday,
October 20**

Mindful Mornings
8:15-9 a.m.

**Quiet Time
1-2 p.m.**

**Tuesday,
October 27**

Mindful Mornings
8:15-8:45 a.m.

Wednesday

**Wednesday,
October 7**

Beading: Building Bricks
9-11 a.m.

**Wednesday,
October 14**

Beading: Building Bricks
9-11 a.m.

**Wednesday,
October 21**

Beading: Building Bricks
9-11 a.m.

Drum Circle
1-2 p.m.

**Wednesday,
October 28**

Beading: Building Bricks
9-11 a.m.

Drum Circle
1-2 p.m.

Thursday

**Thursday,
October 1**

Talking Circle
1-2 p.m.

Friday

**Friday,
October 2**

Salves
1-2 p.m.

Salves: What Now?
3-4 p.m.

**Friday,
October 9**

Salves
1-3 p.m.

**Friday,
October 16**

Northwest Coastline
Formline Lab
2-5 p.m.

**Friday,
October 23**

Salves
1-2 p.m.

Salves: What Now?
3-4 p.m.

Scan the QR code to register.



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Traditional Healing Clinic
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Attend, Participate, and Enter to Win

Start a participation card at your next cultural class. Customer-owners who attend 10 classes can enter a random prize drawing on Nov. 1!

Classes



Beginner Classes

Drum Circle

Learn five foundational hand drum techniques while exploring rhythm and cultural purpose with Buz.

Mindful Mondays

Wind down after the workday with Natalee. This class introduces mindfulness practices that promote calm and clarity. Participants will gather to connect with others and close the day with intention.

Mindful Mornings

A mindful morning routine offers an opportunity to begin the day with calm and clarity. Natalee will introduce mindfulness practices during this morning gathering. Connect with others and begin the day with intention.

Northwest Coast Formline Lab

In this class taught by tribal doctor Ruby Soboleff, you will learn the basics of crest design by painting basic shapes on leather.

Quiet Time

A beginner-friendly class that offers a variety of meditation practices. A renowned Native Elder described meditation as “a time to gain greater understanding from within and stop the chatter inside.” Practices may include Breathing in Energy Centers, as well as Gratitude meditation, the practice of Not-knowing, and guided meditations from the Calm app.

Salves

Learn a basic salve recipe and prepare a small sample using traditional Southcentral Alaska plants.

Salves: What Now?

Those who have attended the salve-making class can build on what they learned with a short question-and-answer session focused on using healing salves at home and taking their salve-making practice to the next level.

Storytelling

Share personal, traditional, or historical stories in a welcoming space for song and conversation.

Talking Circle

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

Intermediate

Beading: Building Blocks

This intermediate-level class is designed for participants with a basic understanding of bead, needle, and thread types and sizes. Participants will explore the brick stitch technique, including how to build wider rows from a smaller base and how to read beading patterns.



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.

If a scheduled class time does not work for you, call the Traditional Healing Clinic front desk to arrange a one-on-one session with a culture specialist.

