

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.



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



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.

Power of Hope

Pathways to Prevention



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

In this 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 23

The Balanced Bite Sushi Roll

Learn to make fresh, colorful sushi rolls. This class covers simple rolling techniques, flavor pairings, and easy prep tips.

AUG. 27

Fall Harvest Pickling Class

Learn quick, simple pickling techniques using fresh seasonal produce to promote gut health. Perfect for beginners.

SEPT. 24

Healthy Ramen Noodles-In-A-Jar

Learn to meal prep nourishing jars of ramen. Layer root vegetables, fresh greens, and rich miso for an easy grab-and-go meal.

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:

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SCF Health Education

907-729-2689

southcentralfoundation.com

scfpowerofhope@southcentralfoundation.com