

AUGUST

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
			1 Felt Beading 1-2 p.m. 3-4 p.m.	2 Lotion Making 9-10 a.m. 2-3 p.m. Deer Toe Rattle Making 3:30-4:30 p.m.
5 Leather Beading 3-5 p.m.	6 Jelly Making 10-11 a.m. 3-4 p.m.	7 Breathing Into Energy Centers Noon-1 p.m. Basket Weaving Day One 1-3:30 p.m.	8 Basket Weaving Day Two 1-3:30 p.m.	9 Drum Making 11 a.m.-1 p.m.
12	13 Earring Design 10-11 a.m. 3-4 p.m.	14 Breathing Into Energy Centers Noon-1 p.m. 3-4 p.m.	15 Salve Making 1-2 p.m. 3-4 p.m.	16 Facial Scrub Making 9-10 a.m. 2-3 p.m. Devil's Club Infusion 4-4:30 p.m.
19 Devil's Club Salve Making 3:30-4:30 p.m.	20 Drawstring Bag Making 10-11 a.m. 3-4 p.m.	21 Breathing Into Energy Centers Noon-1 p.m. 3-4 p.m.	22 Project Circle 1-2 p.m. 3-4 p.m.	23 Drum Making 11 a.m.-1 p.m.
26	27 Simple Syrup Making 10-11 a.m. 3-4 p.m.	28 Mixed Talking Circle Noon-1 p.m. 3-4 p.m.	29 Lanyard Making 1-2 p.m. 3-4 p.m.	30 Bath Bomb Making 9-10 a.m. 2-3 p.m. 

Classes



Basket Weaving

Learn how to create a Cherokee inspired basket in this two-day class.

Bath Bomb Making

Learn how to make a basic bath bomb, a dried emollient and softener to add to bath water to moisturize and soothe the skin.

Breathing Into Energy Centers

Each of us has energy centers within. This class will share an exercise for breathing into each of the nine energy centers, or chakras. Participants are invited to join wearing comfortable, loose-fitting clothing and can either sit or lie down on floor mats. It may be helpful to bring a layer or blanket to keep warm.

Deer Toe Rattle Making

Learn to craft a deer toe rattle using devil's club and dried deer toes fastened with imitation sinew. Instructors will discuss the cultural significance of this instrument.

Devil's Club Infusion

Learn to make a basic oil infusion with devil's club.

Devil's Club Salve Making

Learn to make a basic salve with devil's club.

Drawstring Bag Making

Learn to hand sew a drawstring bag with a pre-cut fabric kit. Participants will start the project in class and complete it at home, applying the skills and techniques learned. Materials will be provided.

Drum Making

Learn the basics of making a leather drum and drumstick.

Earring Design

Learn the basics of designing your own earrings. Markers and graph paper will be used to draft your earring design.

Facial Scrub Making

Learn how to make a basic facial scrub and discuss the benefits of incorporating this step in your regular skin care routine. Create an exfoliant customized to your individual skin care needs.

Felt Beading

Learn the basics of felt beading, the foundation of regalia making.

Jelly Making

Learn a basic food preservation recipe for homemade berry jelly.

Lanyard Making

Design your own lanyard. These beaded necklace-length badge holders have a magnetic breakaway clasp.

Leather Beading

This class will focus on beaded edging for beginners and those looking to refine their beading skills. This class will focus on beaded edging. This versatile finishing technique adds structure and decoration to any project applied to.

Lotion Making

Learn a basic lotion recipe and take home a sample. Instructors will discuss diverse ingredients to create lotions for different uses.

Mixed Talking Circle

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

Project Circle

Bring any creative project with you to class. Set aside this time to make progress and enjoy the company of others while you work. Share and receive ideas and techniques. There will be supplies on hand.

Salve Making

Learn the basic salve recipe and take home a small sample. Learn about medicinal plants, shrubs, and trees that grow in Southcentral Alaska that can be used in salves.

Simple Syrup Making

Learn a simple syrup recipe and take home a sample.

