



# Teatime with Elders

6901 E. Tudor Road Suite 8, Anchorage, AK  
Thursdays, 12:30-1:30 p.m.

**Thursday, Sept. 5**

**10 Tips for Living Healthier**

**Thursday, Sept. 19**

**Crafting and Brain Games**

**Thursday, Sept. 12**

**Tobacco Cessation for Your Health**

**Thursday, Sept. 26**

**Audiology Guest Speaker:  
Lu Swallow**

Customer-owners ages 55 and older are welcome to join for tea, activities, and conversations about maintaining health and wellness!

For more information or if you have questions, contact Southcentral Foundation Health Education at (907) 729-2689 or [scfelderswellness@southcentralfoundation.com](mailto:scfelderswellness@southcentralfoundation.com).