

# NOVEMBER

## 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
				<b>1</b>
 <b>4</b>	<b>5</b> <b>Mindful Morning</b> 8:15-9 a.m.  <b>Felt Beading</b> 10-11 a.m., 3-4 p.m.	<b>6</b> <b>Project Circle</b> 9-10:30 a.m., 1:30-3 p.m.  <b>Breathing into Energy Centers</b> noon-1 p.m. 3-4 p.m.	<b>7</b> <b>Mindful Morning</b> 8:15-9 a.m.  <b>Culture Connects: Alaska Native and American Indian Heritage Month</b> 11:30 a.m.-1:30 p.m.	<b>8</b> <b>Facial Scrub Making</b> 9-11 a.m., 2-3 p.m.
<b>11</b> <b>Veteran's Day Holiday</b> SCF Closed	<b>12</b> <b>Mindful Morning</b> 8:15-9 a.m. <b>Nine Negations</b> 12-1 p.m., 3-4 p.m. <b>Tote Bag Making</b> 1-4 p.m.	<b>13</b> <b>Breathing into Energy Centers</b> noon-1 p.m. 3-4 p.m.	<b>14</b> <b>Mindful Morning</b> 8:15-9 a.m.  <b>Simple Syrups</b> 1-2 p.m., 3-4 p.m.	<b>15</b> <b>Facial Toner Making</b> 9-10 a.m., 2-3 p.m.
<b>18</b>	<b>19</b> <b>Tote Bag Making</b> 1-4 p.m.	<b>20</b> <b>Project Circle</b> 9-10:30 a.m., 1:30-3pm.	<b>21</b> <b>Earring Design</b> 1-2 p.m., 3-4 p.m.	<b>22</b> <b>Bath Bomb Making</b> 9-10 a.m., 2-3 p.m.
<b>25</b>	<b>26</b> <b>Jelly Making</b> 10-11 a.m., 3-4 p.m.	<b>27</b> <b>Breathing into Energy Centers</b> noon-1 p.m. 3-4 p.m.	<b>28</b> <b>Thanksgiving Day Holiday</b> SCF Closed	<b>28</b> <b>Day of Thanks Holiday</b> SCF Closed



# Classes

## **Bath Bomb Making**

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

## **Breathing into Energy Centers**

We all have energy centers within us. This one-hour class introduces a meditative exercise focused on breathing into each of the nine energy centers, or chakras, based on the teachings of SCF's first Tribal doctor, Rita Blumenstein. This practice can enhance self-awareness and help uncover individual gifts.

## **Culture Connects: Alaska Native and American Indian Heritage Month**

Join Southcentral Foundation, family, and friends at the Anchorage Native Primary Care Center lobby to enjoy Alaska Native dancers, healthy snacks, crafts, and more.

## **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.

## **Facial Toner Making**

Learn how to make a basic facial toner and discuss the benefits of incorporating this step in your regular skin care routine. Create a toner 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.

## **Mindful Morning**

A mindful morning routine is a way to start your day with the gift of serenity, a sense of calm and clarity to set yourself up for success. Join this morning gathering to connect with others and begin your day with intention.

## **Mixed Talking Circle**

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

## **Nine Negations**

This talking circle focuses on exploring our both positive and negative qualities. Each week, participants will discuss a different negation topic, examining its physical, mental, emotional, and spiritual effects.

## **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 and can be used in salves.

## **Simple Syrup Making**

Learn a simple syrup recipe and take home a sample.

## **Tote Bag Making**

Learn basic sewing machine skills by crafting a tote bag.

