

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:

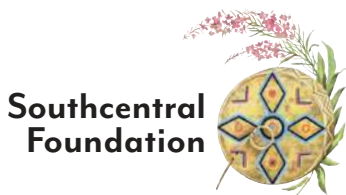
A learning circle designed to provide cancer education and support.

WHEN:

The second Thursday of every month from noon to 1 p.m.

WHERE:

Anchorage Native Primary Care Center Learning Kitchen
4320 Diplomacy Drive, Anchorage, AK 99508



Power of Hope

Pathways to Prevention



Southcentral Foundation Health Education offers the idea that combining certain foods or ingredients provides more nutrition than eating them separately. Learn more through nutrition education at the monthly learning circle, Pathways to Prevention.

In this monthly interactive nutrition learning series, you will be introduced to the fundamentals of food, and how they can support and enhance overall health. The body relies on many pathways working together to function best.

OCT. 24

Pickled Vegetable to Promote Gut Health

- Learn the fundamental of pickling vegetables for improved gut health.

NOV. 21

Superfood Fudge for the Holidays

- Make superfood fudge to gift to your family and friends!

DEC. 19

Nourishment for the Holidays

- Enjoy a soup that is full of anti-inflammatory ingredients and boosts immune system.

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:

Anchorage Native Primary Care Center Learning Kitchen
4320 Diplomacy Drive, Anchorage, AK 99508

SCF Health Education

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