

# FEBRUARY

## 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>3</b> Kuspuk Making Day 1 9 a.m.-3 p.m.	<b>4</b> <b>Mindful Morning</b> 8:15-9 a.m.  <b>Valentines Earrings Day 1</b> 1:30-3 p.m.	<b>5</b> <b>Felt Heart Blanket Wall Hanging</b> 3-5 p.m.  <b>Breathing into Energy Centers</b> Noon-1 p.m. 3-4 p.m.	<b>6</b> <b>Mindful Morning</b> 8:15-9 a.m.  <b>Salve Making</b> 1-2 p.m. 3-4 p.m.	<b>7</b> <b>Facial Scrubs</b> 9-10 a.m. 2-3 p.m.
<b>10</b> Kuspuk Making Day 2 9 a.m.-3 p.m.	<b>11</b> <b>Mindful Morning</b> 8:15-9 a.m.  <b>Valentines Earrings Day 2</b> 1:30-3 p.m.	<b>12</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>13</b> <b>Mindful Morning</b> 8:15-9 a.m.  <b>Rose Syrups</b> 1-2 p.m. 3-4 p.m.	<b>14</b> <b>Teatime</b> 11 a.m.-noon
<b>17</b> President's Day Holiday Closure	<b>18</b> <b>Mindful Morning</b> 8:15-9 a.m.  <b>Talking Circle</b> Noon-1 p.m. 3-4 p.m.	<b>19</b>	<b>20</b> <b>Mindful Morning</b> 8:15-9 a.m.  <b>Drumming as Medicine</b> Noon-1 p.m. 3-4 p.m.	<b>21</b> <b>Lip Balms</b> 9-10 a.m. 2-3 p.m.
<b>24</b>	<b>25</b> <b>Mindful Morning</b> 8:15-9 a.m.  <b>Drumming as Medicine</b> Noon-1 p.m. 3-4 p.m.	<b>26</b> <b>Project Circle</b> 9-10:30 a.m. 1:30-3 p.m.  <b>Talking Circle</b> Noon-1 p.m. 3-4 p.m.	<b>27</b> <b>Mindful Morning</b> 8:15-9 a.m.	<b>28</b> <b>Teatime</b> 11 a.m.-noon

# Classes



## **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.

## **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.

## **Kuspuk Making**

Qaspeqs (Iñupiaq) or atikluks (Yup'ik), commonly known as kuspuks, are a traditionally made overshirt distinguished by its loose fit, large front pocket and decorative trim.

Participants will learn basic garment construction techniques in this two-day class. Space is limited, and attendance at both sessions is required.

## **Lip Balm Making**

Learn a basic lip balm recipe and take a home a sample.

## **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.

## **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.

## **Simple Syrup**

Making Learn a simple syrup recipe and take home a sample.

## **Teatime**

Learn about the services provided at the Traditional Healing Clinic and enjoy samples of different herbal teas in the Anchorage Native Primary Care Center lobby. No registration required.

## **Valentine Earring Making**

Learn how to make Valentine earring designs in this two-day class. Learn how to play hand drum in five easy steps.

## **Drumming as Medicine**

Learn how to play hand drum in five easy steps.

## **Talking Circle**

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

