

Let Every Woman Know

FALL 2016



Let Every Woman Know – Alaska is dedicated to raising awareness, sharing information and saving lives through local education of all Alaskans and support for those women living with gynecologic cancers.

2017 Gynecologic Cancer Awareness and Arts of Healing Weekend

SAVE THE DATE!

FEBRUARY 3rd-5th 2017

The 2017 Gynecologic Cancer Awareness & Arts of Healing Weekend will take place on February 3rd-5th 2017 in Anchorage. Weekend features include a free 2-day Foundation for Women's Cancer Course for survivors and medical community with speakers from all over the nation at Providence Cancer Center, a First Friday Art Showcase, and a Rhythm Heals Concert on Saturday at Taproot. Let Every Woman Know is seeking artists to be featured in the Gynecologic Cancer Awareness & Arts of Healing Weekend First Friday Art Showcase. If you are interested in submitting a work of art, please contact us at leteverywomanknow@gmail.com.

SAVE THE DATES:

-Team THRIVE Info Meeting
Wednesday, Nov. 2nd

-Holiday with a Heart
Tuesday, December 6th
5:30-7:30 PM

-Arts of Healing Weekend -February 3rd-5th

-Yukon Island Retreat
August 8th-10th, 2017

-Gynecologic Cancer Support Group

1st and 3rd Tuesdays 12-1:30

HOLIDAY WITH A HEART

Let Every Woman Know-Alaska is excited to announce the second annual Holiday with a Heart pampering event! Mark your calendars for Tuesday, December 6th from 5:30-7:30pm in conference rooms 2281,



2285, and 2401 at the Providence Health Park 3851 Piper Street. This event is free of charge and will offer make-overs and facial treatment tutorials, scarf tying, chair massages, photo-ops, gift bags, live music, snacks and so much more. We want YOU, our women warriors, to have a chance this holiday season to be pampered and spoiled with all kinds of free and amazing treats. We hope you can join! RSVP by email: leteverywomanknow@gmail.com



2016 Alyeska Climbathon RECAP

The 2016 Alyeska Climbathon took place on Saturday, September 10th. 290 climbers hit the mountain and with great weather and determination, a total of 1200 laps were made in ten hours! An impressive \$48 thousand dollars was raised. 100% of funds stay in the state of Alaska with 25% going to the Girdwood Clinic and 75% to Let Every Woman Know-Alaska to further our mission of gynecologic cancer awareness and support for Alaskan women and families faced with a GYN cancer diagnosis. The Alyeska Climbathon is an official part of the international Globeathon to End Women's Cancer during GYN cancer awareness month: September.

Team THRIVE: Hip Hop Dancers Touched by Cancer

Do you like to dance? Do you care about cancer awareness and saving lives? Let Every Woman Know and the Underground Dance Company are collaborating to form team THRIVE: Hip Hop Dancers touched by Cancer. Survivors, providers, caregivers and people who care about the cause are all welcome! No previous dance experience required. Participants will commit to meeting once a week on Wednesday nights from 7:30-8:30 pm from November 9th through June 10th and will learn choreography to perform at several cancer events throughout the year. The cost to Team THRIVE dance members is \$35 a month. To find out more, join us for an informational meeting Wednesday, November 2nd at 7:30 pm at Underground Dance Studio. 701 W. 58th Ave., Anchorage, AK 99518 or visit our website at <http://leteverywomanknow.org>

No Evidence of Disease (N.E.D.) Documentary to be screened in Juneau, Alaska

N.E.D. will be shown at Centennial Hall on Saturday, October 29th during the Cancer Connection 2016 Community Health Forum from 11 am-2 pm. This documentary tells the story of 6 gynecologic oncologists (including Dr. Mayer Hope) who form a band and travel the country performing music to raise awareness for gynecologic cancers. In addition to the film, Let Every Woman Know will have an awareness and information table during the event.



EXTRA-TOUGHS

Let Every Woman Know offers a one-of-a-kind 12 week weight loss, survivorship and support program for women faced with obesity related cancer diagnoses. The EXTRA-TOUGHS program has been hugely successful and we currently working with our 8th 12 week cohort of amazing women dedicated to making positive lifestyle changes! Congratulations on such great work ladies! If you or someone you may know would be interested in becoming an EXTRA-TOUGHS participant, please contact us. All are welcome!

CAREGIVER RETREAT

The first annual Caregiver Retreat took place in Girdwood September 17th-18th and was a huge success! There was time for adventure with a rafting trip and also time to relax at the peaceful Carriage House B&B. Several group times were dedicated to providing helpful tools for self – care and sharing with other caregivers. If you missed out this year, you can look forward to another opportunity next year as we plan to make this special retreat happen each year.

LEWK is a non-profit run by volunteers, one part time staff member and a small board of directors, many of whom have been touched by gynecologic cancers. Survivors, family members and friends; physicians and medical professionals; cancer support professionals and compassionate community members are all part of the Let Every Woman Know team.

GYNECOLOGIC CANCER AWARENESS & ARTS OF HEALING WEEKEND



SAVE THE DATE

5TH ANNUAL
— 2017 —
ANCHORAGE, AK

FEBRUARY
3RD, 4TH, 5TH

WEEKEND FEATURES INCLUDE

Free two-day Foundation for Women's Cancer conference, art showcase, rhythm heals concert and more!



2016 YUKON ISLAND SUMMER RETREAT

OUR 3RD ANNUAL SUMMER RETREAT FOR WOMEN WITH GYN CANCER WAS A GREAT SUCCESS!

Thanks to our wonderful host, Gretchen, our generous massage therapist, Patti, and the talented harpist, Skookum, the ladies left Yukon Island with new friendships, feeling pampered and well fed, with a sense of camaraderie and a renewed appreciation for Alaska's natural beauty. Watch for 2017 registration!

