

Let Every Woman Know

Special Spring /Summer 2017 Addition



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.

GYNECOLOGIC CANCER SUPPORT GROUP

A vital piece of the Let Every Woman Know - Alaska mission is providing support for women diagnosed with gynecologic cancer. Let Every Woman Know has launched a regular support group- free of charge, facilitated by a licensed mental health clinician and offered in a drop-in format.

This support group is open to women in all stages of diagnosis and treatment and offers a forum to meet women on similar journeys.

This group will be held

WHEN:
1st & 3rd Tuesday each month

TIME:
12 - 1:30pm

WHERE:
Providence Health Park Building Conference Room 2401 3851 Piper St, Anchorage, AK 99508

While we have proposed topics for exploration, priority is given to the immediate needs of those who attend.

leteverywomanknow@gmail.com / leteverywomanknow.org / 907-263-1009



6 MONTH TOPIC CALENDAR

- JUNE 6 | Accepting and receiving help and support
- JUNE 20 | Frustration
- No Support Group July 4*
- JULY 18 | Planning for an uncertain future
- AUGUST 1 | Sleep hygiene
- AUGUST 15 | Finding new normal
- SEPTEMBER 5 | Fear of recurrence
- SEPTEMBER 19 | Finding your voice
- OCTOBER 3 | Unexpected detours
- OCTOBER 17 | Decision making
- NOVEMBER 7 | Depression and anxiety
- NOVEMBER 21 | Quality of life
- DECEMBER 5 | Gratitude and appreciation
- No Support Group December 19*

NO EVIDENCE OF DISEASE // ALASKA TOUR



6/8 JUNEAU
Juneau Arts and Humanities Council
Evening Show
Tickets at the door
JAHC.ORG

Benefit Concert for Let Every Woman Know-Alaska and Cancer Connection

6/9 ANCHORAGE
Williwaw
6pm-9pm // \$20

Tickets at WILLIWAWSOCIAL.COM

Benefit Concert for Let Every Woman Know-Alaska

6/10 ANCHORAGE
Alaska Run for Women
11am-12:30pm

Register at WWW.AKRFW.ORG

6/10 HOMER
Alice's Champagne Palace
7pm-12am // \$20

Tickets at ALICES.CLUB

Benefit Concert for Let Every Woman Know-Alaska and Kachemak Bay Family Planning Clinic

TO FIND OUT MORE VISIT LETEVERYWOMANKNOW.ORG OR OUR FACEBOOK PAGE: [@LETEVERYWOMANKNOWALASKA](https://www.facebook.com/leteverywomanknowalaska)

Please SAVE THE DATES:

Gold Nugget Triathlon May 21st

N.E.D. Concerts –

June 8th-Juneau-Juneau Arts Community Council

June 9th - Anchorage-Williwaw

June 10th at Alaska Run For Women

June 10th-Homer-Alice's Champagne Palace

Alaska Run for Women June 10th

Climbathon Online Sign Up July 1st

Yukon Island Retreat August 8th-10th

Alyeska Climbathon September 9th

Gynecologic Cancer Support Group

1st and 3rd Tuesdays 12-1:30



JOANIE MAYER HOPE, M.D. // LEAD VOCALS

JOHN BOGGBESS, M.D. // VOCALS // GUITAR

NIMESH NADARSHETHA, M.D. // DRUMS // PERCUSSION

WILLIAM WINTER, M.D. // GUITAR

ROBERT BURGER, M.D. // BASS

N.E.D. (NO EVIDENCE OF DISEASE) IS NO ORDINARY ROCK BAND. THE MEMBERS ARE ALL GYN CANCER SURGEONS, WHO USE MEDICINE AND MUSIC TO FIGHT FOR THE LIVES OF THEIR PATIENTS.



ROCK CONCERTS TO BENEFIT
Kachemak Bay Family Planning Clinic,
Let Every Woman Know-Alaska
& Cancer Connection



2017 Alaska Run for Women

Saturday, June 10th. Look for the LEWK table on race day in the grant tent area. Annual port-a-potty decorations look to be repeat winners. LEWK is a registered team, we dress in TEAL, and meet for a team photo before race start!