

Let Every Woman Know

Summer 2017



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 Alyeska Climbathon

The Alyeska Climbathon is a gynecologic cancer awareness event that raises money for the fight against women's cancer by climbing the North Face Trail at Alyeska Resort in Girdwood. This is an all-day event and will take place Saturday, September 9th. **Online registration opened Saturday, July 1st.** Enjoy the Alaska summer and start training for this amazing climb! All funds raised go towards our mission of gynecologic cancer awareness and support for Alaskan women and families faced with a GYN cancer diagnosis. The Alyeska Climbathon is held in September as part of GYN cancer awareness month. One step can make a world of difference, so join the Gynecologic Cancer Awareness Movement today! <http://akclimbathon.dojiggy.com>

2017 Caregiver Retreat

Let Every Woman Know-Alaska's second annual caregiver retreat will be September 16th – 17th in Girdwood Alaska. This retreat is being offered free of charge to GYN cancer caregivers and will include an overnight stay at a The Carriage House, a scenic outdoor raft adventure through Chugach Adventures, and time for relaxation and support groups. We are currently accepting applications for this retreat, so please visit us at www.leteverywomanknow.org to find out more.

SAVE THE DATES:

[Yukon Island Retreat](#)
August 8th-10th

[HPV Webinar](#)
August 11th noon-1 AST

[Mountain View Farmer's Market Table](#)
August 24th 3-7pm

[Alyeska Climbathon](#)
September 9th

[GYN Caregivers Retreat](#)
September 16th and 17th

[Fairbanks Speaker's Bureau](#)
September 29th

[Gynecologic Cancer Support Group](#)
1st and 3rd Tuesdays 12-1:30

[Arts of Healing Weekend](#)
February 2nd-4th, 2018

Mountain View Farmer's Market

On Thursday, August 24th LEWK will have a table at the Mountain View Farmer's Market from 3-7pm. Come check out the many local vendors and great community resources.



EXTRA-TOUGHS

The EXTRA-TOUGHS is an exciting program founded by Let Every Woman Know – Alaska to provide an integrative team approach to sustainable weight loss, healthy lifestyle, and survivorship for gynecologic cancer and breast cancer survivors. This 12 week program has been hugely successful, with many of our participants continuing on. We are currently in our 11th cohort. For more information visit our website at: <http://leteverywomanknow.org/extra-toughs/>.

Fairbanks Speaker's Bureau:

LEWK is going to Fairbanks! On Friday, September 29th there will be a free showing of the N.E.D. movie in collaboration with The Greater Fairbanks Community Hospital Foundation.

Webinar: Friday, August 11th Noon-1pm Alaska Time

Learn the facts: Get information on the burden of HPV cancers, the appropriate HPV vaccination schedule for your patients age, and how to respond to parent's questions about the HPV vaccine. Presented by Dr. Melissa Hardesty. Target Audience: Physicians, Pharmacists, Nurse Practitioners, Physician Assistants, Nurses or any other staff who work with children, adolescents and their parents in primary care settings.