



Let Every Woman Know-Alaska

Volume 2 Issue 2

Winter 2016

2016 Gynecologic Cancer Awareness & Arts of Healing Weekend

The 2016 Gynecologic Cancer Awareness & Arts of Healing Weekend will take place on February 5th-7th 2016 in Anchorage. Weekend features include a free 2-day Foundation for Women's Cancer Course, a First Friday Art Showcase, and a Dance Like Barb Rhythm Heals Concert at Taproot featuring SHEL, a band of 4 sisters from Fort Collins, Colorado, with a special appearance by a trio from No Evidence of Disease (N.E.D).

2016 Foundation for Women's Cancer Course: registration is open!

The Foundation for Women's Cancer will be held on Saturday, February 6th and Sunday, February 7th from 8:30 am - 4:30 pm at the Providence Cancer Center in Anchorage, AK. This course is FREE and open to all cancer survivors, loved ones, caretakers, friends, and others who are interested in hearing from the leading U.S. experts in gynecologic cancer research. The conference setting will offer time for questions and answers with professionals as well as sharing and networking with other survivors. There will also be an accredited CME lecture series on Saturday, February 6th from 1-4pm. Registration is now open. Please go to www.leteverywomanknow.org to register and for more information.



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 are currently launching our 5th 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.

Seeking Active Volunteers: Let Every Woman Know is currently on the hunt for a crew of dedicated volunteers for the planning committee of our 2016 Awareness & Arts of Healing Weekend. Are you interested in being involved? If so please contact us at leteverywomanknow@gmail.com.

RECAP!
Tis the Season for
Pampering:
Holiday With A
Heart

Let Every Woman Know is ecstatic with the success of our new holiday event this year. On December 15th LEWK hosted "Holiday With A Heart" for the first time. It was free of charge and offered make-overs and facial treatment tutorials, scarf tying and wigs, oncology massages, reflexology, reiki therapy, photo-ops, gift bags, live music, snacks and drinks, and much more. There were over 40 women in attendance and so much fun was had by all! Let Every Woman Know is excited to announce that this will be the first annual "Holiday With A Heart" and this will happen each year in December to pamper all the amazing Alaskan women battling and surviving a cancer diagnosis. A special thank you goes out to all the awesome volunteers who dedicated their time and services for free that night.



2016 Rhythm Heals Concert: tickets on sale now!

This year, Let Every Woman Know is renaming our annual concert the “**Dance Like Barb Rhythm Heals Concert**” in honor of a dear friend who lost her long battle with ovarian cancer this past August. Barb was an incredible woman who always danced like nobody was watching. For the 2016 Dance Like Barb Rhythm Heals Concert Let Every Woman Know is pleased to present SHEL, four sisters from Colorado, for the first time ever in Alaska with a special appearance by N.E.D. and Alaska’s own Dr. Joanie Mayer Hope. The concert will take place on Saturday, February 6th at Taproot with doors opening at 7pm and music starting at 8pm. Tickets are on sale now! Visit www.leteverywomanknow.org to purchase tickets and learn more.

★ ★ JOIN US FOR ★ ★
SHEL
SATURDAY, FEB. 6TH
TAPROOT
★ ★ ★
SPECIAL APPEARANCE BY
NO EVIDENCE OF DISEASE (N.E.D.)
DR. JOANIE MAYER HOPE, DR. WILL WINTER, DR. JOHN BOGGESS
TICKETS \$25 // DOORS OPEN 7PM // MUSIC @ 8PM
(907) 345-0282 // 3300 SPENARD RD. ANCHORAGE

Sexy After Cancer

As part of the 2016 Awareness & Arts of Healing Weekend, Let Every Woman Know is thrilled to announce an exciting new speaker. Barbara Musser is a cancer survivor, published author, sex educator and founder of *Sexy After Cancer*. Barbara will be leading a workshop called “Let talk about sex: me, my body and sex” as part of our afternoon complimentary breakout sessions at the conference on Saturday, February 6th from 2:30-4:30pm and giving a talk called “Lets talk about sex: navigating intimacy and sexuality” Sunday, February 7th from 1:15-3:15pm. A Livestrong poll found that sexual difficulty is one of the top 3 survivor issues for all people with all kinds of cancers. Our team here at Let Every Woman Know recognizes that this is a delicate topic especially relevant to women with a GYN cancer diagnosis. We hope that you can join us for these two special programs where you can expect to explore some of the real issues related to relationship, intimacy and sexuality after cancer.

Ongoing Gynecologic Cancer Support Group

This group takes place the 1st and 3rd Tuesday of every month from 12-1:30pm in Conference Room 2401, 3851 Piper Street, U Tower, 2nd Floor. It is for women with a GYN cancer diagnosis in all stages including newly diagnosed, in treatment, or women who currently have no evidence of disease and are in survivorship stages of their diagnosis. Join us!