

How to Get
Involved in the

Awareness and
Arts of Healing
Weekend,
Feb. 6-8, 2015

- ◆ Put the weekend dates on your calendar now!
- ◆ Check our website and Facebook page for updates and event ticket sales
- ◆ Attend our monthly volunteer organization meetings:

5:30 pm

in the

Alaska

Women's Cancer Care
office lobby,

3851 Piper Street, Suite
U264, Anchorage, AK
99508.

Oct. 29

Nov. 18

Dec. 9

Jan. 14



Volume 1 Issue 2

Fall 2014

Let Every Woman Know-Alaska

2014 Alyeska Climbathon Recap

The 7th annual Alyeska Climbathon has drawn to a most successful close and we would like to extend a special thank you to the climbers that make this event so special. Highlights of the 2014 event include:

- 240 Climbers including 8 GYN cancer survivors!
 - 995 Laps
 - 2,014,875 Vertical Feet Achieved
 - 2,238 Miles of Trail Covered
 - \$54,291 Raised
- \$10,000 Donation to Girdwood Medical Clinic

Thank you to all of our sponsors and volunteers that assembled and executed this unique and spectacular celebration of sheer vertical and GYN cancer awareness!

- Alyeska Resort & John Byrne – Event Sponsor
- Skinny Raven – Event Sponsor
- Lithia Chrysler Jeep Dodge of South Anchorage – Field Sponsor
- Providence Radiation Oncology – Field Sponsor
- Myriad Genetics – Field Sponsor

Other Sponsors: PowerAde -Cliff Bar – Petzl – Fire Island Bakery – Ellyn Brown

And don't forget - the 8th Annual Alyeska Climbathon will be on Saturday, September 12th, 2015.

EXTRA-TOUGHS Cohort I

The pilot cohort of 7 women finished their first 12 weeks of EXTRA-TOUGHS (Extraordinary Transformation Towards GYN Health and Survivorship) on Friday, September 26th. We are happy to announce the group saw

incredibly successful results from the program with a combined loss of 96 pounds and new found motivation and friendships! GREAT WORK LADIES! The second 12 week cohort has 8 new members and

started Monday, October 6th. We are so proud of these survivors making positive lifestyle changes! If you would like to learn more about Alaska's first obesity intervention for women's cancer survivors, visit <http://leteverywomanknow.org/extra-toughs/>.

3RD ANNUAL
2015



ANCHORAGE
ALASKA

SAVE THE DATE!

FEBRUARY 6TH, 7TH, 8TH

LET EVERY WOMAN KNOW AWARENESS & ARTS OF HEALING WEEKEND
WEEKEND FEATURES INCLUDE: FOUNDATION FOR WOMEN'S CANCER SURVIVOR'S COURSE, ART SHOWCASE, RHYTHM HEALS CONCERT AND MORE!

Hope sees the
invisible, feels
the intangible,
and achieves the
impossible.

-Anonymous

Volunteer Meetings and Opportunities

Would you like to be a more active volunteer with LEWK?! We are currently seeking motivated passionate volunteers to help with planning our 2015 Awareness and Arts of Healing weekend. Monthly volunteer planning meetings will start in October. Please contact us to be involved: leteverywomanknow@gmail.com



Ski for Women 2015

The 2015 Ski for Women (Sunday, February 1st) won't know what do to when they see the costumes for team LEWK! Would you like to join our team? Are you crafty? Costume making parties will be coming soon! For more info send us an email at leteverywomanknow@gmail.com

EXTRA-TOUGHS do the Climbathon



First Annual GYN Survivor Retreat



This year's 1st annual Let Every Woman Know GYN cancer survivors retreat at Yukon Island Center off the coast of Homer, Alaska, was a huge success! We had 9 survivors and one massage therapist attend the three day retreat during the first week in August. Participants walked the beach, visited an archeological work site, ate delicious healthy meals, picked berries, made origami cranes, received a massage, took a wood sauna, sea-kayaked, enjoyed conversation with each other, relaxed, read, and laughed...a lot! LEWK considers this retreat an integral part of our mission to support women in Alaska who have been diagnosed with GYN cancers. Next year's retreat is tentatively scheduled for early August. Look for details next spring. If you are interested in learning more about LEWK support opportunities please email us at leteverywomanknow@gmail.com

Retreat participants would like to thank all of the LEWK supporters and donors whose generosity made this rejuvenating weekend possible.

Upcoming Support Groups

Let Every Woman Know – Alaska Gynecologic Cancer Support Groups are coming soon! We will offer two regular bi-weekly drop-in groups: one for women who have been diagnosed with a GYN cancer, newly diagnosed, in treatment and women in survivorship, and one for family members and supporters of women who have been diagnosed with a GYN cancer. They will be free of charge, facilitated by a clinical psychologist and take place in the Alaska Women's Cancer Care waiting room; details of exact day and time to come.

WWW.LETEVERYWOMANKNOW.ORG

WHAT DO WE WANT TO LET EVERY WOMAN KNOW?

- Know the signs and symptoms of gynecologic cancers
- Pay attention to your bodies
- Ask questions
- Address irregularities
- Get the HPV vaccine
- Reduce your risk: lead a healthy lifestyle!
- See your doctor for annual well woman exams and pap tests