

NEW Support Group Schedules

Let Every Woman Know is offering TWO regular, free, drop-in support groups at new days and times. These groups will launch on Tuesday, October 20th, 2015.

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

Cancer Caregiver Support Group: the 1st and 3rd Tuesday of every month from 12-1:30pm in Providence Cancer Center Pulliam Conference Room, 2nd Floor near the elevators behind the Creekside Café. This support group is open to caregivers of patients with any type of cancer. It is free of charge, offered in a drop-in format, and facilitated by a licensed mental health clinician. Please spread the word and join us!



Let Every Woman Know-Alaska

Fall 2015

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 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 with nationally acclaimed musical act SHEL, a band of 4 sisters from Fort Collins, Colorado, at Taproot.

We will be featuring a very special Arts of Healing project made over the last several years by survivors and supporters at our annual awareness weekend: The Let Every Woman Know quilt. In addition, Let Every Woman Know is seeking artists to accompany this special quilt and be featured in the Gynecologic Cancer Awareness & Arts of Healing Weekend First Friday Art Showcase. If you may be interested in submitting a work of art please contact us at leteverywomanknow@gmail.com.



SAVE FEBRUARY
5th, 6th, 7th
the
DATE



GYNECOLOGIC CANCER AWARENESS & ARTS OF HEALING WEEKEND

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

NO EVIDENCE OF DISEASE (N.E.D.) DOCUMENTARY TO BE SCREENED IN BETHEL, ALASKA

N.E.D. will be shown at the Yupiit Piciryariait Cultural Center on Friday, October 23rd at 7:00 pm with a special educational panel for questions and discussion with Dr. Joanie Mayer Hope after the film. 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. It is not to be missed!

2015 Alyeska Climbathon

This year's Alyeska Climbathon took place on Saturday, September 12th. It was the most successful Climbathon yet! 300 Climbers set out in the rain to climb for a cause and raised over \$68k! All funds raised stay in Alaska, 25% going to Girdwood Clinic, and 75% go to Let Every Woman Know 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.

HPV Vaccination is Cancer Prevention!

Did you know that over 80% of people will be infected with HPV at some point in their lives? Did you know that HPV is the preventable cause of cervical cancer, oropharyngeal cancers, and anogenital cancers as well as genital warts? Let Every Woman Know has partnered with the CDC and the State of Alaska Department of Health Immunization Program in a Campaign to Eradicate Cervical Cancer in Alaska. Check out the State's Campaign website here <http://www.epi.alaska.gov/id/iz/hpv/> and watch for HPV vaccination public service announcements currently airing in Alaska. For more information please contact us at leteverywomanknow@gmail.com.

Join us on Facebook to keep up with our latest information and to meet some of Let Every Woman Know's national and global friends and partners.

Rhythm Heals Concert SHEL -Featured Artists

The SHEL sister's sound is filled with infectious rhythms and hypnotic vocals that meld together their classical training and diverse influences – the result is mesmerizing. Raised in Fort Collins, Colorado, SHEL has spent the last couple years touring to support their critically acclaimed debut release. Whether playing folk festivals or with orchestras, SHEL captivates audiences with their distinctive arrangements and energized show. SHEL is an acronym for their names; Sarah on violin, Hannah on keyboard, Eva on mandolin, Liza on drums, djembe and beatboxing. The sisters also receive rave reviews for their quirky style and creating all their music videos with Sarah as the videographer and editor. In addition, SHEL's songs have been featured in numerous television shows, films, and commercials. SHEL's "Hold On," was featured in a pivotal scene in *The Best of Me* and it was the lead video from the film and soundtrack.

Saturday, February 6th at Taproot



GYNECOLOGIC CANCER SUPPORT GROUP

Let Every Woman Know is offering a regular support group free of charge in a drop-in format. This group is facilitated by a licensed mental health clinician. Please join us!

Open to women in all stages of gynecologic cancer diagnosis, treatment, or survivorship.

WHEN: 1st & 3rd Tuesday of each month

TIME: 12-1:30pm

WHERE: Providence Cancer Center Conference Room 2401
3851 Piper Street, 2nd floor, Tower U, Anchorage 99508

For more information please visit
www.leteverywomanknow.org or call (907) 263-1009

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 4th 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!

Governor's Proclamation

Governor Bill Walker made an executive proclamation this year that September is Gynecologic Cancer Awareness Month in Alaska. He used this proclamation to encourage all Alaskans to educate themselves about the role of HPV vaccinations in preventing gynecologic cancers, and encourage all Alaskan women to seek appropriate screening and the advice of medical professionals in order to protect their health. What an exciting step forward in the fight against gynecologic cancers and the awareness movement. Thank you for your support Governor Walker!



LEWK 2015 Summer Retreat participants soaking up the sun on Yukon Island. Lots of laughs and new friends were made.

YWCA Women of Achievement Awards

We are proud to announce that our very own Dr. Joanie Mayer Hope has been awarded as one of the YWCA Alaska Women of Achievement for 2015. The Women of Achievement Awards is an annual event honoring ten Alaskan women who have demonstrated qualities of leadership and excellence in their professional and personal endeavors as well as their contributions to the larger community. **Congratulations Dr. Mayer Hope!**



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.



Sea kayaking, beach walks, berry picking, relaxing, origami crane creations, massages, laughter, a few tears, fabulous food, saunas, a wild water-taxi ride, and sharing stories were all part of the LEWK 2015 Summer Retreat. What a treat!