

Let Every Woman Know

SPRING 2018



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.

2018 Annual Awareness Weekend Recap

The 6th annual Gynecologic Cancer Awareness & Arts of Healing Weekend took place February 2nd-4th, 2018. The Welcome Reception and First Friday Art Showcase at Blue Hollomon kicked off the weekend with food, drinks, live music and fantastic art donated by local artists to support LEWK. On Saturday and Sunday, we had max capacity at the free Foundation for Women's Cancer Course for both survivors and the medical community, while the Dance Like Barb Rhythm Heals Concert on Saturday night was a showstopper with NYC's KJ Denhart and local Hope Social Club. Attendees flew in from all over the state (and even a few from out of state) to be a part of this special weekend. Over \$100,000 was raised in support of LEWK's mission of gynecologic cancer awareness and support in Alaska. Thank you to all who donated, attended and volunteered!

SAVE THE DATES:

Bike for Women

May 6th

TEAL Soccer Game

May 7th - 7:00 PM

South Anchorage High School

Gold Nugget Triathlon

May 20th

Alaska Run for Women

June 9th

Yukon Island Retreat

August 7th-9th, 2018

Alyeska Climbathon

September 8th

Gynecologic Cancer Support Group

1st and 3rd Tuesdays 12-1:30

Providence Health Park
Conference Room 2401,
3851 Piper Street, U Tower,
2nd Floor.

Leading a Healthy Lifestyle Campaign

Let Every Woman Know – Alaska developed the Leading a Healthy Lifestyle Campaign to encourage all women to make healthy lifestyle choices to reduce their risk of cancer. Local athletic events are a great place for Let Every Woman Know to reach women and raise awareness of gynecologic cancers. Let's get out and be active this summer!



2018 Bike for Women

The 2018 Bike for Women will be at Chugiak High School on May 6th starting at 9:30am. If you didn't get a chance to register for the team, we are recruiting volunteers for the LEWK table on race day. All are welcome! Let Every Woman Know has been the charity of choice for the Bike for Women five years in a row! Anything you can do to support this amazing event would be greatly appreciated!

2018 GOLD NUGGET TRIATHLON

JOIN LEWK AT THE 2018 GOLD NUGGET TRIATHLON ON MAY 20TH AT BARTLETT HIGH SCHOOL. THE GNT GENEROUSLY DONATED 5 SLOTS TO LEWK, AND WE ARE THANKFUL TO HAVE GYN CANCER SURVIVORS AND MEDICAL PROVIDERS PARTICIPATING! PLEASE CONSIDER VOLUNTEERING AND CHEERING ON THE MANY WOMEN AT THIS INCREDIBLE EVENT.

Support Group

Gynecologic Cancer Support Group: the 1st and 3rd Tuesday of every month from 12-1:30pm at Providence Health Park 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 of diagnosis are welcome including newly diagnosed, in treatment, or women who currently have no evidence of disease and are in survivorship stages of their diagnosis.

APRIL 3rd: DREAMS

APRIL 19th: PAIN AND FATIGUE

MAY 1st: SOCIAL SUPPORT

MAY 15th: SELF-CARE

JUNE 5th: SLEEP

JUNE 19TH: HAVING F-U-N

2018 Gynecologic Cancer Retreat

The 2018 Let Every Woman Know Summer Retreat will take place August 7th, 8th & 9th at the Yukon Island Center off the coast of Homer, Alaska. It is designed for women who have any kind of gynecologic cancer diagnosis and are interested in spending time with other GYN cancer survivors in a relaxed setting. There will be time to rest, walk the beach, and enjoy quiet time, kayak, sauna, share experiences with each other and more. This Retreat is being offered free of charge to GYN cancer survivors through Let Every Woman Know-Alaska funding. Preference is given to first time attendees. If you are interested in applying, please see the attached Retreat Application Brochure, which are accepted on a first come first serve basis, and should be submitted by July 1st. We hope to see you out there!

2018 Alyeska Climbathon



Save the Date! The 2018 Alyeska Climbathon will take place on Saturday, September 8th. Online registration and pledge pages will open on July 1st. This event sold out quickly in 2017, so be sure to register early. We encourage everyone to get out in the mountains and start training to climb for a cause! The Alyeska Climbathon is an official part of the international Globeathon to End Women's Cancer during Gynecologic Cancer Awareness Month this September.



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 about to start our 14th 12-week cohort of amazing women dedicated to making positive lifestyle changes! This cycle starts Tuesday, March 27th and goes through Thursday, June 14th. Congratulations on such great work ladies! If you or someone you know is interested in becoming an EXTRA-TOUGHS participant, please contact us. All are welcome!

6th Annual TEAL game

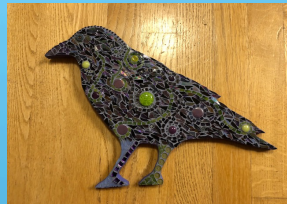
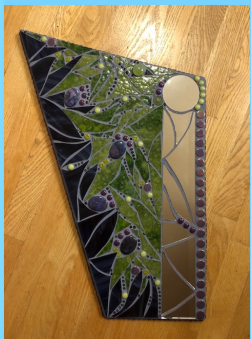
Service High School's Girl's Soccer Teams will be facilitating the annual 'Take Early Action and Live' game to raise funds for LEWK programs and to raise awareness of GYN cancers on May 7th at 7pm at South Anchorage High School. The Service vs. South game is always a thriller. Join us in support of LEWK programs and raising "Down There" awareness.

2018 Cama-i Festival

March 16th - 18th, LEWK and Underground Dance Company attended the Cama-i Festival in Bethel. We had the privilege of performing Dr. Joanie Mayer Hope's song ANY MOUNTAIN, about the journey of ovarian cancer. In addition, we had a gynecologic cancer information table during the festival. We are grateful to the Bethel community for the invitation and hospitality!

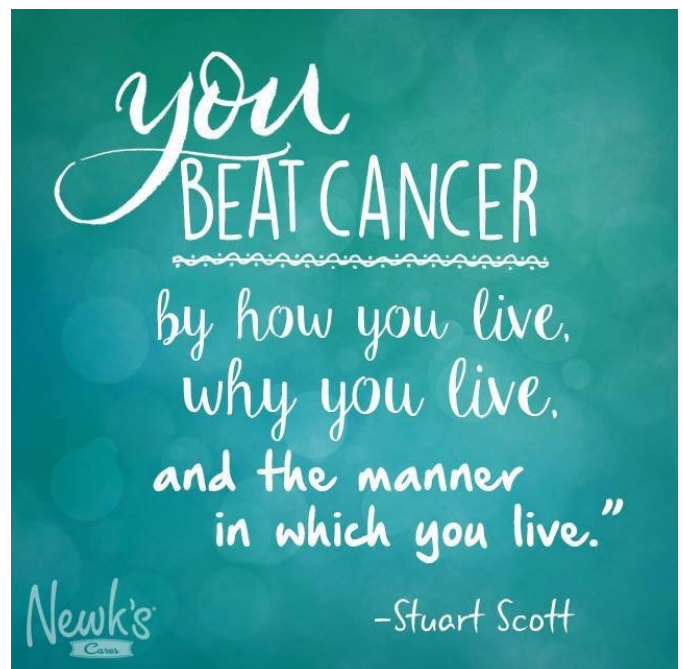
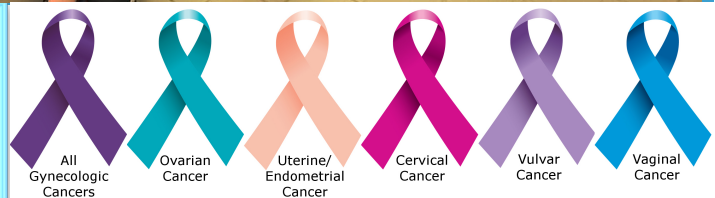


FEBRUARY ARTS OF HEALING FIRST FRIDAY ART SHOW AND RECEPTION



THANK YOU

A HUGE THANKS TO THE MANY ARTISTS WHO CONTRIBUTED TO OUR FIRST FRIDAY ART SHOW AND SILENT AUCTION.



Let Every Woman Know-Alaska
Follow us on Facebook or contact us at:
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