

Let Every Woman Know

SUMMER 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.

SAVE THE DATES:

Yukon Island Retreat

August 7th -9th, 2018

Alyeska Climbathon

September 8th, 2018

Caregiver Retreat

September 15th-16th, 2018

Gynecologic Cancer Support Group

1st and 3rd Tuesdays

12-1:30

2019 Gynecologic Cancer Awareness & Arts of Healing Weekend

February 1-3 2019

2018 Summer Retreat

The annual Let Every Woman Know Summer Retreat will take place August 7th, 8th & 9th at the Yukon Island Center off the coast of Homer, Alaska. This retreat is being offered free of charge to GYN cancer survivors through funding from Let Every Woman Know-Alaska. We are currently accepting applications for this year's retreat.



2018 ALYESKA CLIMBATHON

The Alyeska Climbathon is a annual GYN 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 8th from 9 am- 7 pm. Online registration opened Saturday, July 1st and sold out in less than 24 hours!! All funds raised stay in the state of Alaska, with 25% given to the Girdwood Health Clinic and 75% to Let Every Woman Know-Alaska to further their mission of GYN cancer awareness and support. 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>

There are many ways to contribute besides climbing; volunteering is essential and donating to the cause helps fund the many programs LEWK offers throughout the year! We also encourage climbers to consider volunteering either before or after they are done climbing.

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 extremely successful, with many of our participants continuing on. We have recently moved the program to Run Wild Fitness and started cohort 15 there on July 9th. For more information visit our website at:

<http://leteverywomanknow.org/extra-toughs/>.



Ongoing Gynecologic Cancer Support Group

A vital piece of the Let Every Woman Know-Alaska mission is providing support for women diagnosed with gynecologic cancer. Let Every Woman Know is offering a regular support group-free of charge, facilitated by a licensed professional counselor and offered in a drop-in format. This support group is open to women in all stages of diagnosis and treatment and offers a forum to meet women on similar journeys. The Gynecologic Cancer Support Group meets the 1st and 3rd Tuesday of each month from 12-1:30pm at Providence Health Park Conference Room 2401. While we have proposed topics for exploration, priority is given to the immediate needs of those who attend. In 2018 we welcomed two new facilitators for our support group: Susan LaGrande and Rebecca Love.

2018 CAREGIVER RETREAT

Let Every Woman Know-Alaska's third annual caregiver retreat will be September 15th – 16th 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.

2018 Anchorage RunFest Health and Wellness Expo

Let Every Woman Know-Alaska will have a booth Friday, August 17th and Saturday, August 18th during the RunFest Health and Wellness Expo at the Dena'ina Center. We are thrilled to join this event and share our GYN cancer information, resources and programs. We will also have giveaways and merchandise for sale.

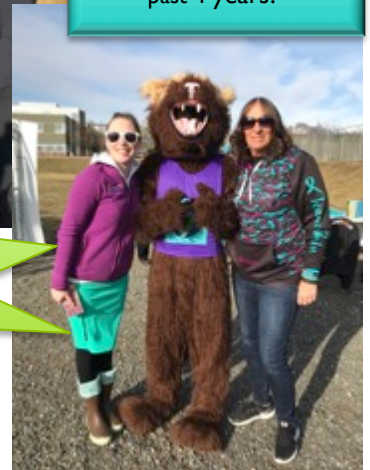
2018 TEAL Game

Each year the Lady Cougars partner with Let Every Woman Know-Alaska to play a special game that promotes awareness of gynecologic cancers. The 6th annual TEAL soccer game (Take Early Action and Live) between South and Service girl's high school varsity teams took place May 7th. The teams wore teal and white jerseys and get the crowd involved by asking for donations in soccer cleats. We are so grateful for the collaboration and opportunity to reach our community with GYN cancer awareness. Thanks to the generous donors we raised \$1,075.68!



If you have a community awareness or LEWK fundraising idea, contact Ali at leteverywomanknow@gmail.com

Special thanks go to Sarah and Lauren Hepler (Service Lady Cougars) for their passion and enthusiasm in keeping the annual TEAL Game alive and thriving the past 4 years.



Consider LEWK as you file for your annual PFD

LEWK is a non-profit run by volunteers, one part time staff member and a small board of directors, many of whom have been touched by gynecologic cancers. Survivors, family members and friends; physicians and medical professionals; cancer support professionals and compassionate community members are all part of the Let Every Woman Know team. We are an official Pick Click Give organization.



2018 Summer Leading a Healthy Lifestyle Campaign Recap:

Bike for Women, Gold Nugget Triathlon, Run for Women

In 2018, Let Every Woman Know-Alaska encouraged women to be active and lead healthy lifestyles by having a team at several local women's athletic events. At the Bike for Women in May, team Let Every Woman Know had fun wearing teal, while our team of five at the Gold Nugget Triathlon helped bring awareness to GYN cancer with wrist bands and a cheer section. Let Every Woman Know also had a big team at the Run for Women in June! We participated in decorating a Port-A-Potty that had GYN cancer facts and resources. The Bike for Women chose Let Every Woman Know as the charity of choice again this year; thank you so much for your support and donation of \$ 5,274.00! We also receive generous grant funding from the Run for Women to include women with a breast cancer diagnosis into our EXTRA-TOUGHS program. Check out the photos to see our awesome LEWK team in action.

