

Let Every Woman Know

WINTER 2019



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.

2019 7TH ANNUAL • ANCHORAGE, AK
SAVE the DATE
FEBRUARY 1st, 2nd, 3rd

BE DOWN THERE AWARE!
KNOW THE SIGNS AND SYMPTOMS OF GYNECOLOGIC CANCERS

A WEEKEND DEDICATED TO AWARENESS THROUGH THE ARTS, COMMUNITY AND EDUCATION

Art Showcase
First Friday Art Showcase
Featuring artists whose lives have been touched by cancer.
Fri, Feb. 1st,
Georgia Blue Gallery
3555 Arctic Blvd.
5 pm - 8 pm

Gynecologic Cancer Survivors Course
A free 2-day educational course put on by the Foundation for Women's Cancer open to survivors, the medical community, friends and family.
Sat.-Sun. Feb. 2nd-3rd,
Providence Health Park, 2nd Flr Conference Rooms 2281 & 2285
8 am - 4 pm

Dance Like Barb Rhythm Heals Benefit Concert
Featuring bands Miso and Food for the Soul with dance performances by Underground Dance Company and The Tap Studio.
Sat. Feb. 2nd,
Koots
2435 Spenard Rd.
6 pm - 11 pm

PURCHASE TICKETS
REGISTER FOR THE COURSE AND LEARN MORE AT
LetEveryWomanKnow.org
f @LetEveryWomanKnowAlaska

SAVE THE DATES:

Volunteer Meetings

Jan. 7th & 28th 5:30-6:30

At AWCC

Arts of Healing Weekend

February 1st - 3rd

Ski for Women

February 3rd

Bike for Women

May 5th

Gold Nugget Triathlon

May 19th

Alaska Run for Women

June 8th

Yukon Island Retreat

August 6th- 8th

2019 Gynecologic Cancer Awareness & Arts of Healing Weekend

The 2019 Gynecologic Cancer Awareness & Arts of Healing Weekend will take place on February 1st-3rd, 2019 in Anchorage. Weekend features include a free 2-day Foundation for Women's Cancer Course, a First Friday Art Showcase at Georgia Blue Gallery, and the Saturday night Dance Like Barb Rhythm Heals Concert at Koots featuring MIPSO, with special performances by Underground Dance Company, The Tap Studio and local band Food for the Soul.

2019 First Friday Art Show and Welcome Reception

This is the kick-off event of the weekend at the Georgia Blue Gallery on Friday, February 1st from 5-8 pm! Featuring artists whose lives have been touched by cancer. 100% of proceeds from designated pieces will go directly to GYN cancer awareness and support.



Light appetizers and drinks will be provided.

Seeking Active Volunteers

Let Every Woman Know is currently on the hunt for a crew of dedicated volunteers for our 2019 Awareness & Arts of Healing Weekend.

We have a variety of volunteer opportunities throughout the weekend as well as help hanging posters around town and gathering donations for our silent auction. Are you interested in being involved? If so, please contact us at leteverywomanknow@gmail.com.

Volunteer meetings: Monday January 7th and Monday January 28th from 5:30-6:30 pm at Alaska Women's Cancer Care.

2019 DANCE LIKE BARB RHYTHM HEALS CONCERT:

TICKETS ON SALE NOW!

For the 2019 Dance Like Barb Rhythm Heals Benefit Concert, Let Every Woman Know is pleased to announce Chapel Hill's Indie Americana Quartet MIPSO. Underground Dance Company and The Tap Studio will kick off the concert with several dance numbers. Local band, Food for the Soul will follow and MIPSO will close the concert down. The concert will take place on Saturday, February 2nd at Koots with doors opening at 6pm, dancing at 7pm and music starting at 8pm. Tickets are on sale now! Purchase tickets for the concert at:

<https://myalaskatix.com/events/dance-like-barb-rhythm-heals-benefit-concert>



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 immensely successful, and we are currently launching our 17th 12-week cohort of amazing women dedicated to making positive lifestyle changes! Cohort 17 begins on Monday, January 7th and runs through Friday, March 29th. If you or someone you may know would be interested in becoming an EXTRA-TOUGHS participant, please contact us at 907-263-1009.



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.



RECAP!

Tis the Season for Pampering: Holiday with a Heart

Let Every Woman Know is thrilled with the success of our 4th annual holiday event. On December 4th, LEWK hosted Holiday with A Heart for the fourth time. It was free of charge and offered fun crafts, a photo booth, gift bags and refreshments! There were 46 women in attendance, and so much fun was had by all! Let Every Woman Know is excited to continue this "Holiday with a Heart" tradition so that each year in December we can pamper all the amazing Alaskan women battling and surviving a cancer diagnosis. A special thank you goes out to all the awesome volunteers and vendors who donated their time and services to make this special night possible.

Ongoing Let's Talk About it: 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!