

Let Every Woman Know

WINTER 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.

2018 6TH ANNUAL • ANCHORAGE, AK
SAVE the DATE
FEBRUARY 2nd, 3rd, 4th

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. 2nd, Blue Hollomon Gallery 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. 3rd-4th, Providence Health Park, 2nd Flr Conference Rooms 2281 & 2285 8 am – 4 pm	Dance Like Barb Rhythm Heals Concert Featuring The KJ Denhert Band, Hope Social Club. With special performances by Underground Dance Company. Sat. Feb. 3rd, Williwaw 7 pm – 1 am
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PURCHASE TICKETS
REGISTER FOR THE COURSE AND LEARN MORE AT
LetEveryWomanKnow.org

SAVE THE DATES:

Volunteer Meetings

Jan. 8th & 22nd 5:30-6:30

At AWCC

Arts of Healing Weekend

February 2nd - 4th

Bike for Women

May 6th

Gold Nugget Triathlon

May 20th

Alaska Run for Women

June 9th

Yukon Island Retreat

August 7th -9th, 2018

Gynecologic Cancer Support Group

1st and 3rd Tuesdays

12-1:30

2018 Gynecologic Cancer Awareness & Arts of Healing Weekend

The 2018 Gynecologic Cancer Awareness & Arts of Healing Weekend will take place on February 2nd-4th 2018 in Anchorage. Weekend features include a free 2-day Foundation for Women's Cancer Course, a First Friday Art Showcase at Blue Hollomon, and a Dance Like Barb Rhythm Heals Concert at Williwaw featuring The KJ Denhert band, with special performances by Underground Dance Company, The Tap Studio and local band Hope Social Club.

Arts of Healing February First Friday

Please join us for the Arts of Healing Weekend opening reception showcasing art inspired and created by those touched with cancer at Blue Hollomon Gallery (3555 Arctic Blvd.) on Friday, February 2nd from 5-8 pm.

Light appetizers will be provided by Ginger and Fromagio's. Old and new friends will be mingling while enjoying incredible artwork. Please contact Mary Rita maryritaely@hotmail.com if you are interested in donating art for the show.



LET EVERY WOMAN KNOW - ALASKA PRESENTS

DANCE LIKE BARB RHYTHM HEALS BENEFIT CONCERT



NYC'S FOLK-
JAZZ LEGEND
**THE KJ
DENHERT
BAND**



FEATURING



**HOPE
SOCIAL
CLUB**

SPECIAL PERFORMANCES BY



SAT, 3RD | **WILLIWAW**
FEBRUARY 2018 | **THE TAP STUDIO**
609 F STREET, ANCHORAGE, 99501
TICKETS \$25 | DOORS OPEN AT 6PM | MUSIC AT 7PM

BUY YOUR TICKET AT: LETEVERYWOMANKNOW.ORG | FACEBOOK: LET EVERY WOMAN KNOW-ALASKA

All proceeds go towards GYN cancer awareness, education and support.

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 currently launching our 13th 12-week cohort of amazing women dedicated to making positive lifestyle changes! Cohort 13 began on Wednesday, January 3rd and runs through Friday, March 23rd. If you or someone you may know would be interested in joining this EXTRA-TOUGHS cohort, please contact us at 907-263-1009.

2018 DANCE LIKE BARB RHYTHM HEALS CONCERT:

TICKETS ON SALE NOW!

For the 2018 Dance Like Barb Rhythm Heals Benefit Concert, Let Every Woman Know is pleased to announce NYC's folk-jazz legend The KJ Denhert Band. Underground Dance Company and The Tap Studio will kick off the concert with several dance numbers. Local band, Hope Social Club will close the concert down. The concert will take place on Saturday, February 3rd at Williwaw with doors opening at 6pm, dancing at 7pm and music starting at 8pm. Tickets are on sale now! Visit www.leteverywomanknow.org to purchase tickets and learn more.

Seeking Active Volunteers

Let Every Woman Know is currently on the hunt for a crew of dedicated volunteers for our 2018 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.





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 3rd annual holiday event. On December 5th, LEWK hosted Holiday with A Heart for the third time. It was free of charge and offered a fun craft, glitter tattoos, essential oils, acupuncture, oncology massages, photo-ops, gift bags, live music, snacks and drinks and much more! There were 30 women in attendance, and so much fun was had by all! Let Every Woman Know is excited to continue the "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 Gynecologic Cancer Support Group

This group takes place the 1st and 3rd Tuesday of every month from 12-1:30pm in Conference Room 2401, 385 I 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!