

Let Every Woman Know

WINTER 2020



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.

SAVE THE DATES:

GYN Cancer Weekend

Jan. 31- Feb. 2

Co-Ed Hockey Invitational

April 17-19

Bike for Women

May 5

Gold Nugget Triathlon

May 19

Alaska Run for Women

June 8

Yukon Island Survivor Retreat

August 6-8

Anchorage RunFest

August 14-15

Caregiver Retreat

Sept. 5-6

Alyeska Climbathon

September 12

2020 Gynecologic Cancer Awareness & Arts of Healing Weekend

Save the date for the 2020 Gynecologic Cancer Awareness & Arts of Healing Weekend: January 31st-February 2nd, 2020 in Anchorage. Weekend features will include a Last Friday Art Showcase at the Georgia Blue Gallery, a free 2-day Gynecologic Cancer Course at the Providence Health Park and a Saturday night Dance Like Barb: Rhythm Heals benefit concert at Koot's featuring local dance performances and two fantastic bands!

2020 Women's Cancer Course: registration is open!

The Gynecologic Cancer Survivor Course will be held on Saturday, February 1st and Sunday, February 2nd from 8:30 am-4:30 pm at the Providence Health Park in Anchorage, AK. This course is FREE and open to all cancer survivors, loved ones, caregivers, friends, and anyone interested in hearing from six leading U.S. experts in gynecologic cancer. The conference will include time for questions and answers with professionals as well as sharing and networking with other survivors. There will also be an accredited CME lecture series on Saturday, February 1st from 1-4:30 pm. Registration for the course is now open at: <https://www.eventbrite.com/e/gynecological-cancer-education-course-tickets-76949615371>

2020 "Last Friday" Art Show and Welcome Reception



This is the kick-off event of the weekend at the Georgia Blue Gallery on Friday, January 31st 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



2020 DANCE LIKE BARB RHYTHM HEALS CONCERT:

TICKETS ON SALE NOW!



Celebrate hope and healing at the 2020 Dance Like Barb Rhythm Heals Benefit Concert! Let Every Woman Know is pleased to announce our featured band: vintage soul Motown band Joshy Soul & The Cool. Underground Dance Company and The Tap Studio will kick off the concert with several dance numbers and local Polynesian Reggae band H3 will close the concert out! The concert will take place on Saturday, February 1st at Koot's 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-2-1-2020>

LET EVERY WOMAN KNOW-ALASKA
PRESENTS

DANCE LIKE BARB RHYTHM HEALS

Benefit Concert

2020
FEB. 1
SATURDAY

FEATURING JOSH Y SOUL
& THE COOL



CLOSING BAND



SPECIAL
PERFORMANCES BY



KOOTS

2435 SPENARD RD | ANCHORAGE, AK
TICKETS \$25 | DOORS OPEN AT 6PM | MUSIC AT 7PM
All proceeds go towards GYN cancer awareness, education and support.

BUY YOUR TICKETS AT:
LETEVERYWOMANKNOW.ORG



Seeking Active Volunteers

Let Every Woman Know is currently on the hunt for a crew of dedicated volunteers for our 2020 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. Please invite family, friends, co-workers and community members to join you!

Upcoming volunteer meetings: Monday January 13th and Monday January 27th from 5:30-6:30 pm at Alaska Women's Cancer Care. (3851 Piper Street, Suite U264)

EXTRA-TOUGHS: Anchorage and Mat-Su Valley Program

Let Every Woman Know offers a one-of-a-kind 12-week integrative weight loss, survivorship and support program for women with gynecologic and breast cancers. The EXTRA-TOUGHS program has been successful in Anchorage for 5 years and recently expanded to the Mat-Su Valley. 12-week cohorts will begin at both the Anchorage and Mat-Su Valley locations on Monday, January 6th and run through Friday, March 30th. 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

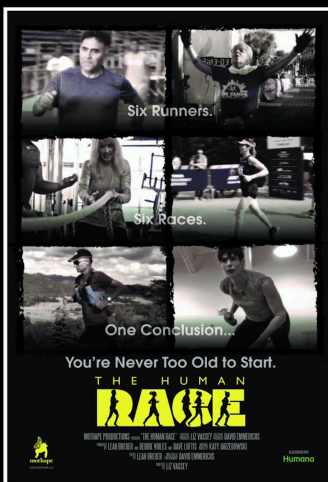
On December 10th LEWK hosted the 5th annual Holiday with A Heart. A tremendous thank you to our many community partners and volunteers who donated their time and talents to make this night free of charge for attendees! 22 women enjoyed crafts by Providence Navigation, food and drinks from Wild Fork Catering and Uncle Leroy's Coffee, a photo booth by Shauna Donnelly, makeup from Walgreens Beauty Consultants, henna and glitter tattoos by Sonia with Firebird Aesthetics, chair massages from Borealis Massage and wonderful music by the Fireweed Flutes! 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.



SPECIAL COMMUNITY EVENT



FREE COMMUNITY EVENT
Saturday, February 1st, 2020 - 1-3pm
Full documentary screening followed by Q&A
with featured athlete Helene Neville



Location: Providence East Auditorium (3200 Providence Dr.)



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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!