

Let Every Woman Know

SPRING 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:

Bike for Women

POSTPONED

T.E.A.L. Soccer Game

CANCELLED

Gold Nugget Triathlon

POSTPONED

Alaska Run for Women

June 13th

Climbathon Registration

June 27th

Yukon Island Retreat

August 4-6th -2020

Alyeska Climbathon

September 12th

Fall Caregiver Retreat

TBD

Let's Talk About It: GYN Cancer Support

IS NOW VIRTUAL

leteverywomanknow@gmail.com

for more information

2020 Annual Awareness Weekend Recap

The 8th annual Gynecologic Cancer Awareness & Arts of Healing Weekend took place January 31st- February 2nd, 2020. The Welcome Reception and Last Friday Art Showcase at Georgia Blue Gallery kicked off the weekend with food, drinks and fantastic art donated by Alaskan artists to support LEWK. On Saturday and Sunday, we had max capacity at the free Cancer Course for both survivors and the medical community, while the Dance Like Barb Rhythm Heals Benefit Concert on Saturday night was a showstopper with dance performances by Underground Dance Company and The Tap Studio, featured vintage soul Motown band Joshy Soul & The Cool and local Hawaiian Reggae favorite H3. Attendees flew in from all over the state (and even a few from out of state) to be a part of this special weekend. \$80,000 was raised to further LEWK's mission of gynecologic cancer awareness, education and support in Alaska. Thank you to our generous sponsors, all who attended and our amazing volunteers!

COVID-19 update:

Let Every Woman Know-Alaska is closely monitoring the rapidly changing Coronavirus pandemic. We remain committed to providing support services and resources to women with GYN cancers and their families throughout Alaska. Exercise, healthy eating, self-care and mental health are all vital aspects of wellness. We will stay connected with our community and provide local resources and tips for healthy living on our Facebook page: @LetEveryWomanKnowAlaska



Please follow updates for the new date at <http://www.bike4women.com/>. Let Every Woman Know has been the charity of choice seven years in a row! Anything you can do to support this amazing event would be greatly appreciated!

2020 Gold Nugget Triathlon (GNT)

Please follow updates for the new date at: <http://www.goldnuggettriathlon.com/>. The GNT generously donated 5 slots to Team LEWK. 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.

Virtual Let's Talk About It: GYN Cancer Support Group Meetings

Let Every Woman Know-Alaska will continue to provide support services and resources for GYN cancers during this pandemic. Our bi-monthly support group has transitioned to a virtual platform.

Please email

leteverywomanknow@gmail.com

for additional information. Facilitated by psychologist Susan LaGrande, there are proposed topics for each group however, priority is given to any immediate needs of those who participate. This 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.

Anchorage and Mat-Su Valley Programs

VIRTUAL EXTRA-TOUGHS



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 location (Run Wild Fitness) and the Mat-Su Valley location (Active Body) on Monday, March 30th and run through Friday, June 19th. Both gyms have quickly adapted to the changing COVID-19 pandemic and have transitioned the program to virtual platforms. Please email leteverywomanknow@gmail.com for additional information.

8th annual T.E.A.L. Game CANCELLED

Due to Anchorage School District's cancellation of all Spring Sports and Activities, we will look forward to NEXT year's game with anticipation.



2020 Alyeska Climbathon



Save the Date! The 2020 Alyeska Climbathon will take place on Saturday, September 13th. Online registration and pledge pages will open on June 27th at <https://akclimbathon.dojiggy.com/>. In 2019 this event sold out in less than 24 hours, so be sure to gather your team and register right away. We encourage everyone to get out in the mountains and start training to climb for a cause! The Alyeska Climbathon is held in September as part of Gynecologic Cancer Awareness Month. Volunteer opportunities are available to make this incredible event happen, please email leteverywomanknow@gmail.com for more information.

Virtual Connection Opportunities



Let Every Woman Know-Alaska is dedicated to keeping our community connected! In April, we will start hosting two weekly Zoom meetings with the goal of virtually checking in, spending time together and being uplifted. Our entire LEWK family is invited: survivors, caregivers, volunteers, supporters and friends!

Tuesdays at noon- Lunch Hour Connect (starting Tuesday, April 7th- Tuesday, May 26th) Whether working from home or at your desk, grab your lunch and connect with us!

Join Zoom Meeting

<https://us04web.zoom.us/j/950418262?pwd=cnJUZ0pzNHh5WTB5ZkRUa0lSamxaUT09>

Meeting ID: 950 418 262 Password: 427279

Thursdays at 7 pm – Social Hour (starting Thursday, April 9th- Thursday, May 28th) Pour your favorite drink and grab a snack as we catch up and share ideas to stay busy and active!

Join Zoom Meeting

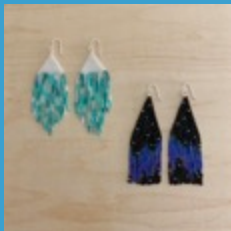
<https://us04web.zoom.us/j/136969450?pwd=SFZ1YVRcNEc3NUJXNlFkQmQ4eWdtZDZ09>

Meeting ID: 136 969 450 Password: 257185

2020 Arts of Healing Weekend Photos



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



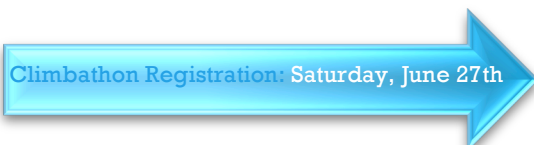
BREAKING:

GOING OUTDOORS NOT CANCELLED
MUSIC NOT CANCELLED
FAMILY NOT CANCELLED
READING NOT CANCELLED
FRIENDS NOT CANCELLED
SINGING NOT CANCELLED
LAUGHING NOT CANCELLED
HOPE NOT CANCELLED
LET'S EMBRACE WHAT WE HAVE



Check website for updates

Race day is June 13th at Mulcahy Stadium. Registration opens May 1st at <https://www.akrforwomen.org/>. Please consider joining team LEWK for this fun summer event. Volunteer opportunities are available for the LEWK table and port-a-potty decorating! The Alaska Run for Women generously provides LEWK with a grant to include women with a breast cancer diagnosis into our unique EXTRA-TOUGHS Anchorage program.



Let Every Woman Know-Alaska
Follow us on Facebook or contact
us at:
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2020 Gynecologic Cancer Retreat

The Let Every Woman Know Summer Retreat will take place August 4th-6th 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!