

Let Every Woman Know

SUMMER 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:

LEWK Co-Ed Hockey
Tournament-postponed to 2021

Bike4Women- Postponed to
late August/September

Gold Nugget Triathlon-
Postponed 2021

Alaska Run for Women-
Registration opened May 18th/
Race Week June 20th-27th

Yukon Island Survivor Retreat-
Postponed to 2021

Fall Caregiver Retreat-
Postponed to 2021

Alyeska Climbathon-
Registration: June 27th @ noon
Event: September 1st-12th

2021 GYN Cancer Awareness
& Arts of Healing Weekend:
January 29-31

2020 Summer Retreat

The annual Let Every Woman Know Summer Retreat due to take place August 4th, 5th, & 6th at the Yukon Island Center off the coast of Homer, Alaska **has been cancelled**. This retreat was being offered free of charge to GYN cancer survivors through funding from Let Every Woman Know-Alaska. We are hoping to provide a retreat option this winter. Stay tuned.



2020 ALYESKA CLIMBATHON GOES VIRTUAL

With the safety and health of our participants and community in mind, the Alyeska Climbathon has decided to go virtual in 2020! The Alyeska Climbathon remains a climb for a cause, with all money raised going to support Girdwood Health Clinic and Let Every Woman Know-Alaska to further their mission to educate, care for, raise awareness of and advocate on behalf of women with gynecologic cancers and their families. In honor of Gynecologic Cancer Awareness Month, the event will be spread out over the month of September, with creative ways to get your laps in on the North Face Trail.

Registration will open at noon on Saturday, June 27th. We will continue to add event details on the website and Facebook page:

<http://akclimbathon.dojiggy.com> @AlyeskaClimbathon. Please check in periodically for updates.

2020 Virtual Alaska Run for Women

Let Every Woman Know will have a team at the virtual Alaska Run for Women June 20th -27th! We receive generous grant funding from the Alaska Run for Women to include women with a breast cancer diagnosis into our EXTRA-TOUGHS program. Register at <http://www.akrfrw.org/> and join team Let Every Woman Know-Alaska!

We will host a zoom meet up on June 16th at 7 pm for our LEWK team members to share stories, get inspired, show their teal outfits, and plan their run/walk!



Consider LEWK next time 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.

ZOOM in to a Social Support Group

Let Every Woman Know-Alaska is dedicated to keeping our community connected! Since April, we have been hosting two weekly Zoom meetings with the goal of virtually checking in, spending time together and being uplifted. We have enjoyed this special time and will continue virtually meeting in June and July! Our entire LEWK family is invited: survivors, caregivers, volunteers, supporters, and friends!

Tuesdays at 9 am - Morning Mood Boost (June 2nd - July 28th) Explore various ways to start your day grounded and connected.

Join Zoom Meeting

<https://us02web.zoom.us/j/84414630107?pwd=Nmw2VzFYQzlhc0UleXZOdDA1MW5iQT09>

Meeting ID: 844 1463 0107

Password: 634541

Thursdays at 7 pm – Social Hour (June 4th-July 30th)

Pour your favorite drink and grab a snack as we catch up and share ideas to stay busy and active

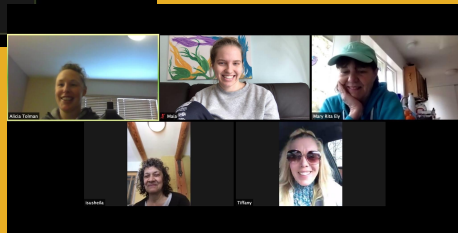
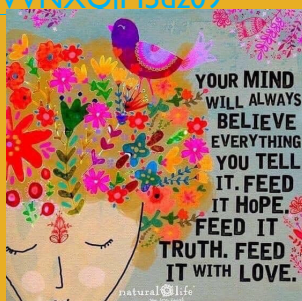
Join Zoom Meeting

<https://us02web.zoom.us/j/82686315830?>

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Meeting ID: 826 863 1 5830

Password: 257185



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

Resources:

US Center for Disease Control Coronavirus:

<https://www.cdc.gov/coronavirus/2019-ncov/>

Municipality of Anchorage Health Department:

[https://covid-response-moa-](https://covid-response-moa)

muniorg.hub.arcgis.com/

Alaska Department of Health and Social Services:

<https://covid19.alaska.gov/>

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 into the maintenance phase.

EXTRA-TOUGHS Anchorage- Run Wild Fitness hosts the program virtually along with Counseling Alaska. Cohort 23 begins on June 22nd.

EXTRA-TOUGHS Valley- Generous grant funding from the State of Alaska Comprehensive Cancer Control allowed us to bring the EXTRA-TOUGHS to the valley for one year. Active Body Gym in Palmer hosted the program for four successful cohorts along with Nourished Health Coaching Services and Seasons of Life Counseling. We are actively seeking grant funding that would allow us to continue the program in the valley.

For more information call (907) 263-1009 or visit our website at:

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

AKRFW 2019 memories



Registration for virtual Alyeska CLIMBATHON 2020

is at noon on
June 27th!

<http://akclimbathon.dojiggy.com>



Volunteer
opportunities
will be available.
For details:
[leteverywomankow
@gmail.com](mailto:leteverywomankow@gmail.com)
or
leteverywomanknow.org

