



## Let Every Woman Know-Alaska Winter 2021 Newsletter

**Our Mission:** Let Every Woman Know – Alaska (LEWK) provides creative statewide education, support, advocacy and arts programs unique to Alaska's diverse communities and is dedicated to preventing, facing and ending gynecologic cancers.

### 2021 Save the Dates:

|             |                       |
|-------------|-----------------------|
| Jan. 29- 31 | GYN Cancer Weekend    |
| May 2       | Bike for Women        |
| May 16      | Gold Nugget Triathlon |
| June 12     | Alaska Run for Women  |
| August      | Yukon Island Retreat  |
| September   | Caregiver Retreat     |
| Sept. 11    | Alyeska Climbathon    |



### 2021 Virtual Gynecologic Cancer Awareness & Arts of Healing Weekend: January 29th-31st

Register for the free weekend events and receive the links to virtually participate. Registration for the course is now open at: <https://lewkweekend.eventbrite.com>

#### Art Showcase

Art can be viewed in person, starting January 26th, at the Georgia Blue Gallery during their business hours (open Tuesday - Saturday 11 am - 4 pm). Art can also be viewed and purchased at our online store Tuesday the 26th at 11 am until Sunday the 31st at 4 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. Register to receive access to the online gallery and sale: <https://lewkweekend.eventbrite.com>

#### Gynecologic Cancer Course

The Gynecologic Cancer Course will be held virtually on Saturday, January 30th from 8:00 am - 5:30 pm. This course is FREE and open to all cancer survivors, loved ones, caregivers, friends, and anyone interested in hearing from 12 leading U.S. experts in gynecologic cancers. The conference will include time for questions and answers with professionals as well as four movement activities spaced throughout the educational talks to provide a reset for the brain and show the power of movement both physically and mentally and that it is accessible for all levels. Accredited CME is available through Providence. Register to receive access to the free virtual course: <https://lewkweekend.eventbrite.com>

#### Rhythm Heals Song Circle

Celebrate hope and healing at the virtual 2021 Rhythm Heals Song Circle! Let Every Woman Know-Alaska is pleased to offer this concert free of charge! The concert will take place on Saturday, January 30th from 6:30 pm- 8:30 pm and features Alaskan artists Emma Hill, Nick Carpenter and Jamie Whiteman. Register to receive access to the free virtual concert link: <https://lewkweekend.eventbrite.com>

#### Celebration of Life and Memorial

We remember and honor the courageous women who died of gynecologic disease in 2020. Sunday, January 31st from 10 am – 11:30 am. Register to receive access to the free virtual memorial link: <https://lewkweekend.eventbrite.com>

#### Thank You 2021 Sponsors

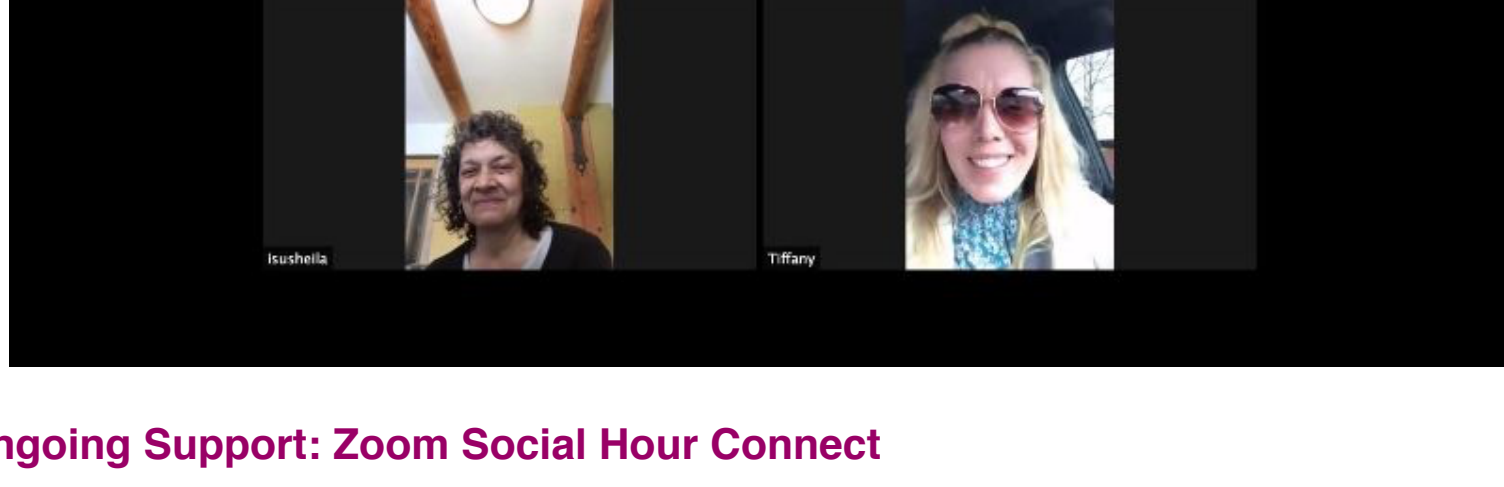
Providence Alaska Medical Center  
Alaska Native Tribal Health Consortium  
Southcentral Foundation  
Providence Pathology Group  
Far North Surgery and Surgical Oncology  
Imaging Associates  
Dr. Michelle Randolph  
Alaska Colorectal Surgery  
Pathology Associates  
Alaska Urology  
Dr. Michelle Thomas  
Dr. Laurie Bleicher  
Alaska Women's Cancer Care  
Anchorage Radiation Therapy Center  
Advanced Oncology Associates  
Fairbanks Cancer Center  
OB GYN Clinics  
Alaska Women's Health  
Women's Care of Alaska  
Dr. Katie Ostrom  
Dr. Owen Bell  
Dr. Steve Compton  
Dr. William and Miriam Fell  
Becky Hauser/Johnson & Johnson  
Intuitive Surgical

#### A Special Thank You to Our Event Partners

Georgia Blue Gallery  
That Feeling Co

For those able to, donations to LEWK are greatly appreciated.

**Donate:** <https://leteverywomanknow.org/donate/>



#### Ongoing Support: Zoom Social Hour Connect

In January, we will host a weekly Zoom meeting 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!

**Thursdays at 6 pm – January 7th & 14th**

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

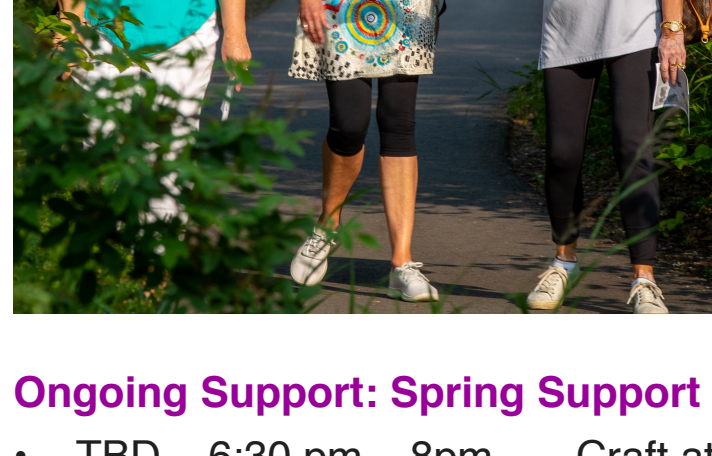
#### Join Zoom Meeting

[https://us02web.zoom.us/j/89155952919?](https://us02web.zoom.us/j/89155952919?pwd=KzhPTmhiUG50Qlg3dUlrnBXaFUydz09)

[pwd=KzhPTmhiUG50Qlg3dUlrnBXaFUydz09](https://us02web.zoom.us/j/89155952919?pwd=KzhPTmhiUG50Qlg3dUlrnBXaFUydz09)

**Meeting ID:** 891 5595 2919

**Passcode:** 043180



#### Ongoing Support: Spring Support Activities

- TBD 6:30 pm – 8pm Craft at That Feeling Co.
- TBD 6:30 pm– 8pm Art Immersion at Georgia Blue Gallery



## ANY MOUNTAIN

Summitting Ovarian Cancer Through Creativity & Research

Know Your History. Save Your Future.

Find out more about the Any Mountain Project and how you can join the climb: <https://www.anymountainsong.com/>



#### EXTRA-TOUGHS: Anchorage and Mat-Su Valley Program

LEWK offers a one-of-a-kind 12-week integrative weight loss, survivorship and support program for women with gynecologic cancers. The EXTRA-TOUGHS program has been successful in Anchorage for 6 years and expanded to the Mat-Su Valley in 2019 with grant funding from the State of Alaska. The Alaska Run for Women grant allows us to include women with a breast cancer diagnosis into the program. In 2021, generous funding from Mat-Su Health Foundation will continue the Valley program for two years.

12-week cohorts will begin in Anchorage on Monday, January 4th and in the Mat-Su Valley on Monday, April 5th. If you or someone you may know would be interested in becoming an EXTRA-TOUGHS participant, please contact us at 907-263-1009 or email [leteverywomanknow@gmail.com](mailto:leteverywomanknow@gmail.com)

**Website:** [leteverywomanknow.org](https://leteverywomanknow.org)

**Email:** [leteverywomanknow@gmail.com](mailto:leteverywomanknow@gmail.com)

**Facebook:** @LetEveryWomanKnowAlaska

**Instagram:** [leteverywomanknow](https://www.instagram.com/leteverywomanknow)