

Let Every Woman Know-Alaska (LEWK) Summer 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.

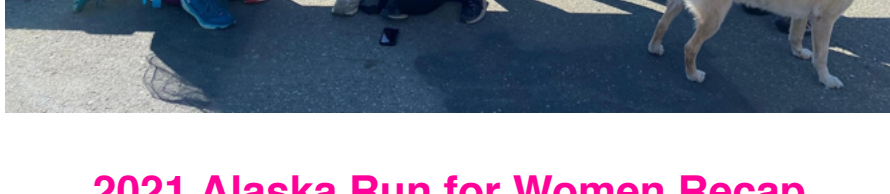
Save the Dates:

Summer Women's Retreat
August 25th & 26th

Alyeska Climbathon
Open Climb: September 1st-10th
Competitive Climb: September 11th

Fall Caregiver Retreat
September 18th

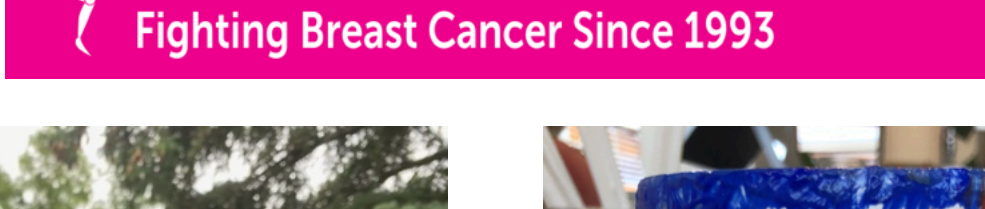
2022 GYN Cancer Awareness & Arts of Healing Weekend
February 4th-6th, 2022



2021 Alaska Run for Women Recap

Team LEWK had 27 participants from all of the state of Alaska for the virtual AKRFW June 12th-19th! We can't wait for the event next year on June 11th, 2022.

Website: <https://www.akrfw.org/>



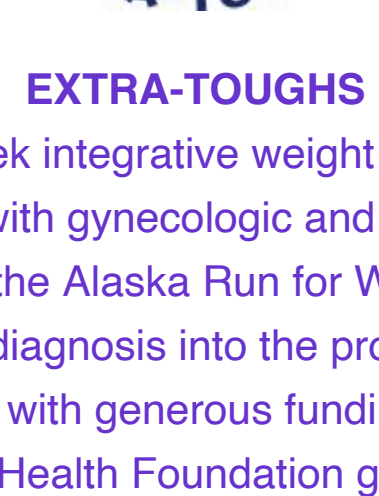
That Feeling Co Craft Event Recap

19 women attended this private event filled with creativity, fun and plants! Thank you to That Feeling Co for inviting us into their gorgeous space.

Website: <https://www.thatfeeling.co/>

That Feeling Co

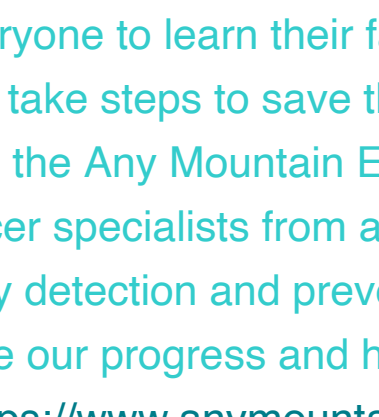
PLANTS, COFFEE + HOME GOODS
ANCHORAGE, ALASKA



EXTRA-TOUGHS

LEWK offers a unique 12-week integrative weight loss, survivorship and support program for women with gynecologic and breast cancers. Thanks to generous grant funding from the Alaska Run for Women, we are able to include women with a breast cancer diagnosis into the program. We expanded the program to the Mat-Su Valley with generous funding from the State of Alaska for the first year. The Mat-Su Health Foundation granted us funds for year two and three! Virtual 12-week cohorts are currently happening in Anchorage and the Mat-Su Valley. Please email leteverywomanknow@gmail.com for additional information and visit our website for more details:

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



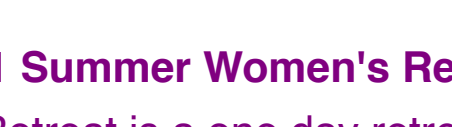
ANY MOUNTAIN

The Any Mountain Project launched in September 2020 in collaboration with the Minnesota Ovarian Cancer Alliance (MOCA). This project is raising awareness about ovarian cancer through music, dance, and an APP encouraging everyone to learn their family cancer histories so they can recognize risks early and take steps to save their future. The project is also raising money to support the Any Mountain Expedition Team, a unique group of leading ovarian cancer specialists from all over the United States, as they develop methods of early detection and prevention.

Please visit the website to see our progress and how you can be involved.

Website: <https://www.anymountain song.com/>

Social Media: @AnyMountainSong



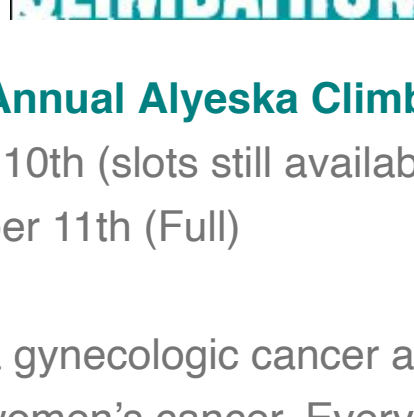
2021 Summer Women's Retreat

The 2021 LEWK Summer Retreat is a one day retreat that we will offer two days in a row, August 25th & 26th in Anchorage, Alaska. This retreat 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, enjoy quiet time, and share experiences with each other. This retreat is being offered free of charge to women with GYN cancers through Let Every Woman Know-Alaska and generous grant funding from the State of Alaska. LEWK will provide travel and housing assistance for women attending from outside of the Anchorage area. Preference is given to first time attendees.

Retreat brochure and application:

<https://leteverywomanknow.org/retreats/>

There are a few slots left, we hope you can join us!



14th Annual Alyeska Climbathon

Open Climb: September 1st-10th (Slots still available)
Competitive Climb: September 11th (Full)

The Alyeska Climbathon is a gynecologic cancer awareness event that raises money for the fight against women's cancer. Every dollar raised through the Alyeska Climbathon makes a difference; awareness can save lives!

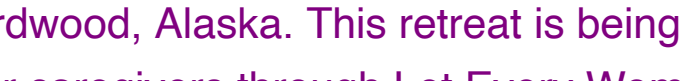
For more details visit:

<https://akclimbathon.dojiggy.com/b02d02f/regPages/pages/?p=b71112c2>

Both events will raise funds for Let Every Woman Know-Alaska and the Girdwood Health Clinic. Thank you to Alyeska Resort and our generous sponsors for making this event possible!

Volunteers Needed:

Please email leteverywomanknow@gmail.com if you are available to volunteer on Saturday, September 11th.



2021 Fall Caregiver Retreat

Let Every Woman Know-Alaska's annual caregiver retreat will be Saturday, September 18th in Girdwood, Alaska. This retreat is being offered free of charge to GYN cancer caregivers through Let Every Woman Know-Alaska and generous grant funding from the State of Alaska. The retreat will include an outdoor adventure through Chugach Adventures and time for relaxation and connection. LEWK will provide travel and housing assistance for caregivers attending from outside of the Anchorage area.

Retreat brochure and application:

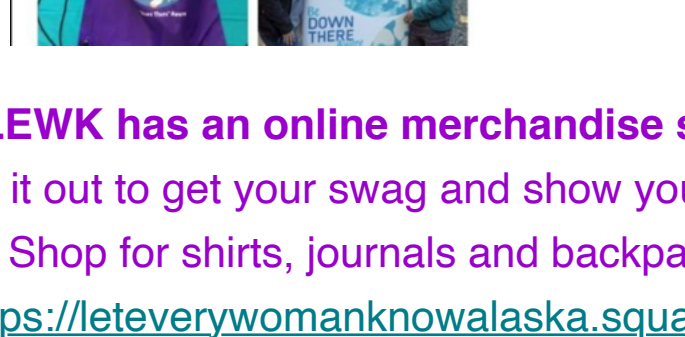
<https://leteverywomanknow.org/retreats/>



Save the Date:

10th Annual Gynecologic Cancer Awareness & Arts of Healing Weekend
February 4th-6th, 2022

Each end of January/early February, Let Every Woman Know – Alaska hosts a widely publicized GYN Cancer Awareness & Arts of Healing Weekend full of events geared towards awareness and support for women with gynecologic cancers throughout the state of Alaska. Planning for the 2022 weekend events has begun. Updates will be posted to our website and social media in the coming months!



LEWK has an online merchandise store!

Check it out to get your swag and show your support.

Shop for shirts, journals and backpacks:

<https://leteverywomanknowalaska.square.site/>

Your purchase supports our mission & efforts throughout Alaska!



Website: <https://leteverywomanknow.org/>

Email: leteverywomanknow@gmail.com

Facebook: @LetEveryWomanKnowAlaska

Instagram: leteverywomanknow