



## AHF Newsletter

Distribution - 5298 subscribers  
Updated 2/7/17

| Month   | Title of Article  | Name of Organization  |
|---|---|---|
| <b>August</b>   | <b>Drafts due: Monday, 8/22/16; Publication: Saturday, 6am, 27 August 2016</b>  |   |
|   | Alaska community gardens plant seeds of health  | SOA, DHSS   |
|   | Reasons for smoke-free workplace and how to make it happen  | Tobacco Prevention & Control  |
|   | Smart snacking made easy  | Alaska Kidney Foundation/AHF  |
|   | New blood tests available at AHF Health Fairs   | AHF   |
|   | Special lab results review for AK Health Fair participants  | AKPA  |
|   | Healing Hand Foundation: one client's story   | Healing Hand Foundation   |
|   | New exhibit available, covers sugars, new portion sizes   | AHF   |
|   | Free health education events by our partner, AK Regional  | Alaska Regional Hospital  |
|   | Fairbanks Veterans Stand Down Event results   | AHF   |
|   | Link to published newsletter: <a href="http://hosted.vresp.com/1544823/377df01392/544587807/ed90216629/">http://hosted.vresp.com/1544823/377df01392/544587807/ed90216629/</a> |   |
| <b>September</b>  | <b>Drafts due: Monday, 9/12/16; Publication: Saturday, 6am, 16 September 2016</b>   |   |
|   | Health events for women from Alaska Regional Hospital & Partners  | Alaska Regional Hospital  |
|   | Alaska coaches say no to sports drinks  | SOA, DHSS   |
|   | Symptoms of kidney disease and how to keep your kidneys healthy   | Alaska Kidney Foundation/AHF  |
|   | High blood pressure: symptoms, causes, and what to do if you have it  | Alaska Kidney Foundation/AHF  |
|   | Avoiding the healthy food marketing trap  | UAA Health Education  |
|   | YWCA Alaska needs your help - take a one-minute survey and make a difference  | YWCA  |
| Support our Fairbanks Office: You Splash n Dash, and AHF gets cash! :-) | AHF   |   |
|   | Link to published newsletter: <a href="http://hosted.vresp.com/1544823/7cb3544b37/544587807/ed90216629/">http://hosted.vresp.com/1544823/7cb3544b37/544587807/ed90216629/</a> |   |
| <b>October</b>  | <b>Drafts due: Monday, 10/10/2016; Publication: Saturday, 6am, 15 October</b>   |   |
|   | From our Fairbanks office: Credit Union 1 gives a helping hand to Alaska Health Fair  | AHF   |
|   | Anchorage area: Free test results review by a medical professional  | AKPA  |
|   | New blood tests are now available at all health fairs   | AHF   |
|   | It starts with you - model good health and kids will follow   | SOA, DHSS   |
|   | Exciting health education events in Anchorage and surrounding areas   | Alaska Regional Hospital  |
|   | Ketchikan and Barrow raised local tobacco taxes   | NCADD   |
|   | October is designated national Domestic Violence Awareness Month  | AWARE   |
|   | American Psychological Association tips to manage stress during the election  | APA   |
|   | Practicing mindfulness and its benefits with simple techniques  | Leon Edward   |
|   |   | Link to published newsletter: <a href="http://hosted.vresp.com/1544823/cdd221dc63/544587807/62f3a2fdda/">http://hosted.vresp.com/1544823/cdd221dc63/544587807/62f3a2fdda/</a> |
| <b>November</b>   | <b>Drafts due: Monday, N/A; Publication: Thursday, 8am, 10 November</b>   |   |
|   | Last health fair of the season reminder   | AHF   |
|   | AHF and other health fair providers recently covered in Alaska Business Monthly   | AHF   |
|   | You asked, and we published this article about the Celiac Disease   | PAML  |
|   | How to make healthy Thanksgiving leftovers  | N/A   |
|   | Stress relief in minutes  | N/A   |
|   | How much sugar is there in a glass of powdered drink?   | DHSS, SOA   |
|   | Special free lab results review for Alaska Health Fair participants   | AKPA  |
|   | Link to published newsletter: <a href="http://hosted.vresp.com/1544823/0d5c65cf19/544587807/62f3a2fdda/">http://hosted.vresp.com/1544823/0d5c65cf19/544587807/62f3a2fdda/</a> |   |
| <b>December</b>   | <b>Drafts due: Monday, 12/12/16; Publication: Saturday, 6am, 17 December</b>  |   |
|   | Season results, plans for the future  | AHF   |
|   | AHF receives generous donation from Apollo Medi-Trans and Dr. Eric Stirling   | AHF   |
|   | A chance to help someone: Health Fair for the homeless in FAI   | AHF   |
|   | A new year, a new challenge: How to make a resolution you can keep  | DHSS, SOA   |
|   | Conflict management   | AWARE of AK   |
|   | Reducing youth tobacco initiation   | NCADD   |
|   | Holidays on a budget  | Ellen Bell  |
|   | Link to published newsletter: <a href="http://hosted.vresp.com/1544823/be3516cb6f/544587807/62f3a2fdda/">http://hosted.vresp.com/1544823/be3516cb6f/544587807/62f3a2fdda/</a> |   |
| <b>January</b>  | <b>Drafts due: 1/16/17. Publication: 1/23/17</b>  |   |
|   | Health Fair Schedule is published!  | AHF   |
|   | Volunteer and exhibitor opportunities   | AHF   |
|   | Link to published newsletter: <a href="http://hosted.vresp.com/1544823/a49d7e2e17/544587807/62f3a2fdda/">http://hosted.vresp.com/1544823/a49d7e2e17/544587807/62f3a2fdda/</a> |   |
| <b>February</b>   | <b>Drafts due: 2/02/17. Publication: 2/02/17</b>  |   |
|   | Kick your cold to the curb with a chicken recipe  | <a href="http://www.beinfuzed.com">www.beinfuzed.com</a>  |
|   | Strike a pose: Yoga helps children with flexibility, relaxation & more  | DHSS, SOA   |
|   | New bone density health screening has a major roll out in Fairbanks   | AHF   |
|   | Wellness at work: small steps make big differences  | DHSS, SOA   |
|   | Fundraiser at AHF   | AHF   |
|   | Upcoming events   | AHF & partners  |
| Exhibitor and volunteer opportunities at AHF events                     | AHF   |   |
|   | Link to published newsletter: <a href="http://hosted.vresp.com/1544823/408b21a33b/544587807/62f3a2fdda/">http://hosted.vresp.com/1544823/408b21a33b/544587807/62f3a2fdda/</a> |   |
| <b>March</b>  | Drafts due: 3/13/17. Publication: 3/21/17   |   |
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| <b>April</b>  | Drafts due: 4/10/17. Publication: 4/17/17   |   |
|   |   |   |
| <b>May</b>  | Drafts due: 5/8/17. Publication: 5/15/17  |   |
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