

GET INVOLVED

American Cancer Society and NorthShore's Wisdom 4 Health Symposium

Learn the latest in screening and prevention for colon cancer and how good nutrition can keep you healthy.

Join us for reception, exhibits, presentations and cooking demonstration.

Thursday, April 7, 2016 5:30 p.m.

Frank Auditorium, Evanston Hospital

RSVP by April 4th to Debra at (847) 317-0209 or debra.velchek@northshore.org
www.Wisdom4Health.org

Breathe Deep North Shore 2-Mile Walk, 5K Fun Run, Balloon Launch, & Rally to Stop Lung Cancer

Sunday, April 17, 2016 8:45 a.m.

Deerfield High School, Deerfield
lungevity.org/northshore

Make it Personal: What's Next in Personalized Medicine

Join us for an informative program on the latest advances in personalized medicine. Our experts will discuss how pharmacogenomics helps our physicians prescribe the right medication at the right dose the first time. You'll also hear about personalized medicine approaches to diagnosing and treating patients with cardiac disease, prostate cancer and breast cancer.

Wednesday, April 20, 2016 5:30 p.m.

Chicago Botanic Garden, Glencoe
northshore.org/calendar

American Brain Tumor Association BT5K

Sunday, April 24, 2016 9:00 a.m.

Soldier Field
BT5K.org

American Cancer Society Relay for Life of Northwestern

Friday, April 29, 2016 6:00 p.m.

Northwestern University, Norris Center, Evanston
relayforlife.org/northwesternil

Purple Stride Chicago 5K Run/Walk for Pancreatic Cancer Action Network

Saturday, April 30, 2016 9:00 a.m.

Jackson Park-Groves 19A & 19B, Chicago
purplestride.org

Cancer Wellness Center Stepping Up to Wellness 5K Run-Walk/1K Family Walk

Sunday, May 1, 2016 8:00 a.m.

Independence Grove, Libertyville
cancerwellness.org

20th Annual Myra Rubenstein Weis Health Resource Center Benefit Luncheon honoring Carol Rosenberg, MD

The event supports NorthShore's Living in the Future (LIFE) Cancer Survivorship Program

Wednesday, May 4, 2016 11:00 a.m.

Highland Park Country Club
foundation.northshore.org/mrw

Understanding Your Heart: Cardio-Oncology

Enjoy an evening of information featuring cardiac care leaders from NorthShore and Mayo Clinic.

Thursday, May 19, 2016 5:30 p.m.

Renaissance Hotel, Northbrook
northshore.org/cardio

ACS Relay for Life of North Shore

Friday, May 20, 2016 6:00 p.m.

Glenbrook South High School, Glenview
relayforlife.org/northshoreil

Oral Cancer Foundation Walk/Run for Awareness—IL

Sunday, May 22, 2016 8:00 a.m.

Redmond Park, Bensenville
donate.oralcancer.org

ACS Relay for Life of Glenbrook North

Saturday, June 11, 2016 6:00 p.m.

Glenbrook North High School, Northbrook
Relayforlife.org/GlenbrookNorthIL

National Ovarian Cancer Coalition, Run/Walk to Break the Silence on Ovarian Cancer

Saturday, June 18, 2016 7:00 a.m.

Arlington Heights Race Track
ovarian.org

Understanding Melanoma

Learn about the latest in the prevention of melanoma from the experts at NorthShore and Mayo Clinic.

Thursday, June 23, 2016 6:00 p.m.

Chicago Botanic Garden, Glencoe
northshore.org/melanoma

GET SCREENED

FREE Oral Cancer Screening

If you smoke, use chewing tobacco, drink alcohol or have risk factors for oral HPV infection, you could be at risk for oral cancer.

Sunday April 24, 2016 9:00–11:00 a.m.

**NorthShore Medical Group
Gurnee Ambulatory Care Center
7900 Rollins Road, Suite 1100, Gurnee**

The free screening includes:

- a visual exam of the neck, mouth and throat
- a physical exam of the salivary glands, lymph nodes of the neck and the thyroid gland

Register at northshore.org/calendar or call (847) 570-5020

MAKE AN IMPACT

Looking for a unique way to support Kellogg Cancer Center? Consider hosting a Community Partner Event. Gather your friends and family to run a 5K, enjoy a dinner party or host a game night, all while raising funds for a cause close to your heart. To learn more call (224) 364-7275.

To make a donation to Kellogg Cancer Center go to **foundation.northshore.org/donatekellogg**

For more information, contact Lisa Rietmann at **(224) 364-7230** or **lrietmann@northshore.org**

SUPPORT FOR YOU

For complete schedule, visit northshore.org/calendar.

The Bill Buckman Prostate Cancer Education and Support Group

Second Tuesday of each month, 7:00–9:00 p.m.

Location: Glenbrook Hospital Conference Rooms B-D

Contact: Sabina Omercajic (847) 570-1066

Brain Tumor Patient Support Group

Third Thursday of each month, 5:00–6:30 p.m.

Location: Evanston Hospital Rooms G952-958

Contact: Becky Joslin, LPC (847) 570-2036

Breast Cancer Support Group

Second Wednesday of each month, 7:00–8:30 p.m.

Location: Graham Medical Office Building, 1000 Central St., Ste 800, Evanston

Contact: Carol Flanagan, RN (847) 926-5818

Head and Neck Cancer Discussion Group

Second Monday of every other month, 6:00–8:00 p.m.

Location: Evanston Hospital

Contact: Sabina Omercajic (847) 570-1066

Stress Reduction Group for Cancer Patients and Caregivers

First & Third Tuesdays of each month, 3:30–5:00 p.m.

Location: Evanston Kellogg Patient Education Room G870

Contact: Meg Madvig, LCSW (847) 570-2039

Qigong: Gentle Exercises for Relaxation & Self-Healing, 3:30–4:00 p.m.

Quiet Practice, 4:00–5:00 p.m.

Please feel free to come to one or both sessions.

BE EDUCATED

The LIFE Cancer Survivorship Program presents:

April 14 6:00 p.m.: *Fit for LIFE: Get Started*, Glenbrook Hospital

May 12 6:00 p.m.: *Eat to Beat Malignancy and Walk Away From Cancer*, Evanston Hospital

Light refreshments and complimentary parking. Register at northshore.org/life or call (847) 570-5020 Ext. 2.

June 2 6:00 p.m.: *Evening of Survivorship*, Cancer Wellness Center, Northbrook
Register at: (847) 509-9595

MAKE CONNECTIONS

Imerman Angels Socials

Provides personalized connections that enable 1-on-1 support among cancer fighters, survivors and caregivers.

Join us for a tasty treat, learn more about Imerman Angels, and connect with other patients and families.

Last Thursday of every month

Time: 11:00 a.m.–2:00 p.m.

Location: Kellogg Cancer Center, Evanston, Patient Education Center, Ground Floor

Third Wednesday quarterly 6/15/16

Time: 10:00 a.m.–1:00 p.m.

Location: Kellogg Cancer Center, Glenbrook Lobby

First Tuesday of every month

Time: 10:00 a.m.–1:00 p.m.

Location: Kellogg Cancer Center, Highland Park Lobby

Look Good...Feel Better

A free two-hour beauty workshop for women undergoing cancer treatment that will teach you beauty techniques to help cope with the temporary appearance-related side effects of treatment. Each participant will receive a FREE cosmetic kit and tips on makeup application, skin and wig care.

Registration is required 1-800-227-2345.

2016 Look Good...Feel Better Class Schedule

Kellogg Cancer Center, Glenbrook

Patient Education Conference Room 1077

Wednesdays: 4/20/16; 6/15/16; 8/17/16; 10/19/16; 12/21/16

All classes held 1:00–3:00 p.m.

Kellogg Cancer Center, Evanston

Patient Education Room G870 (ground level)

Wednesdays: 6/22/16; 8/24/16; 11/9/16
All classes held: 11:00 a.m.–1:00 p.m.

NorthShore Highland Park Hospital

Meeting Room 1B

Mondays: 4/18/16 (1A); 7/18/16; 9/12/16
All classes held: 11:00 a.m.–1:00 p.m.

THRIVING AFTER TREATMENT

Are you approaching the completion of your cancer treatment?

If so, it is time to schedule your cancer survivorship visit with the Living in the Future (LIFE) Cancer Survivorship Program. There is no cost for this informative and exemplary program.

Appointments may be scheduled at the Kellogg registration desk or by calling (847) 926-5818.



*Living
in the
Future*

Cancer Survivorship Program