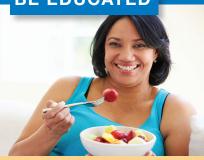


Kellogg Cancer Center

Kellogg Cancer Center Upcoming Events

Fall 2016

BE EDUCATED



"Eat to Beat Malignancy" and Cooking Demo

Join us for an evening of learning and eating with the NorthShore LIFE Cancer Survivorship Program experts. LIFE program director Carol Rosenberg, MD, FACP, and registered dietitian and culinarian Oehme Soule, RDN will present the science of survivorship and its nutritional guidelines; strategies for weight management and physical activity; and a cooking demonstration/tasting. Sponsored by the Myra Rubenstein Weis Health Resource Center.

Thursday, October 27, 2016 6:00 p.m.

Cancer Wellness Center, Northbrook

Registration required: (847) 509-9595

cancerwellness.org

MAKE AN IMPACT

Honor your care team while supporting programs and research at Kellogg Cancer Center.

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 Irietmann@northshore.org

GET INVOLVED

Understanding Colon Cancer

Learn the latest in prevention and treatment of colon cancer from experts at NorthShore and Mayo Clinic.

Wednesday, September 28, 2016, 6:00 p.m.

Chicago Botanic Garden, Glencoe northshore.org/colonglencoe

Thursday, September 29, 2016, 6:00 p.m. Chicago Marriott Northwest,

Hoffman Estates northshore.org/colonhoffman

American Cancer Society Making Strides Against Breast Cancer

Sunday, October 2, 2016, 9:00 a.m. Underwriter's Laboratory, Northbrook makingstrideswalk.org/northshoreil

Sunday, October 16, 2016, 9:00 a.m. Independence Grove Forest Preserve, Libertyville

makingstrideswalk.org/lakecountyil

BrainUp Run/Walk Fundraiser

Sunday, October 2, 8:00 a.m. Lincoln Park Lakefront brainup.ngo/

Lemons of Love Pink Lemonade 5K

Proceeds from this event directly impact patients here at Kellogg Cancer Center.

Sunday, October 2, 2016, 9:00 a.m. Lions Park, Mount Prospect lemonsofloye.org/

Karen Dove Cabral Foundation 2016 Butterfly Benefit

Join us at the inviting and historic Elawa Farm & Garden for a cooking demonstration and farm to table meal while supporting young mothers with breast cancer at Kellogg Cancer Center.

Sunday, October 16, 1:00 p.m.

Elawa Farm, Lake Forest

karendovecabralfoundation.org/events



MRW Leadership Board's "Jammin' in Our Genes" Benefit

Enjoy good company, live music, drinks, dessert and raffle games while raising funds to support the MRW Leadership Board's Living in the Future (LIFE) Pre-Vivorship workshop to educate individuals diagnosed with BRCA and other cancer predisposition genes.

Saturday, November 19, 2016, 8:30 p.m.

210 Restaurant, Highwood foundation.northshore.org/mrw-leadership-board-benefit

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**

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 required: (800) 227-2345

2016 Look Good...Feel Better Class Schedule

Kellogg Cancer Center, Glenbrook

Patient Education Conference Room 1077 Wednesdays: 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) Wednesday: 11/9/16

All classes held: 11:00 a.m.-1:00 p.m.

NorthShore Highland Park Hospital

Meeting Room 2 Monday: 9/19/16

All classes held: 11:00 a.m.-1:00 p.m.

RESEARCH AND CLINICAL TRIALS

A trial of Esophagectomy and Cervical Esophagogastrostomy With (Two-stage) or Without (One-stage) Prior Ischemic Gastric Conditioning by Laparoscopic Ligation of Left Gastric and Short Gastric Arteries.

Both one-stage and two-stage esophagectomy are standard of care procedures for patients with esophageal cancer. This study examines if the two-stage procedure minimizes negative side effects post-surgery, and if there is a difference in the reported quality of life of patients who receive the onestage versus two-stage procedure.

For any questions, please contact Peter at (847) 570-2935. A complete list of clinical trials can be found at northshore.org/kellogg-cancercenter/clinical-trials

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 (847) 570-1066

Brain Tumor Patient Support Group

Third Thursday of each month, 5:30-7:00 p.m.

Location: Evanston Hospital Rooms

G952-958

Contact: (847) 733-5341

LIFE Breast Cancer Support Group

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

Location: 1000 Central Street.

Suite 800, Evanston Contact: (847) 926-5818

Head and Neck Cancer Discussion Group

Second Monday of every other month,

6:00-8:00 p.m.

Location: Evanston Kellogg Patient

Education Room G870

Contact: Sabina (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.

THRIVING AFTER TREATMENT

Are you approaching the completion of your cancer treatment?

Visit the Living in the Future (LIFE) Cancer Survivorship Program website at northshore.org/LIFE to register for educational programs important for maximizing your health and wellbeing.



For more information about any of these events, contact Sabina Omercajic at **(847) 570-1066** or somercajic@northshore.org

