

Kellogg Cancer Center Upcoming Events

Summer 2017

GET INVOLVED

ADP Golf 'Fore' Life Event

Friends and family will tee off for the memorial golf outing in honor of Al Petersen and all those who have been touched by cancer. The golf game will be followed by dinner, a silent auction and raffle.

All proceeds will benefit NorthShore Kellogg Cancer Center.

Saturday, August 19, 2017

Deerfield Golf Club
adpgolf4life.com



Chicago Lung Run

Sunday, August 27, 2017, 8:30 a.m. 10K and **9 a.m.** 5K and 1 mile walk
Montrose Harbor, Chicago
Join Team NorthShore at lungrun.org

Susan G. Komen Ride for the Cure Chicago

Help us reduce breast cancer deaths in Chicago and bike 25, 50, 62 or 100 miles!
In honor of Deb Blue, an avid cyclist who we lost in 2015 after a 17-year fight with breast cancer.

Sunday, September 17, 2017, 9 a.m.
Dawes Park, Evanston
Join NorthShore UI Ride Team at:
bit.ly/2szPi6G

SEA Blue Chicago Prostate Cancer Walk & Run

Sunday, September 10, 2017 8 a.m.
Lincoln Park (LaSalle and Stockton), Chicago
Join NorthShore Walter Urological Center Walkers Team at:
SeaBlueProstateWalk.org

American Cancer Society Making Strides Against Breast Cancer

Sunday, October 1, 2017, 9 a.m.
Underwriter's Laboratory, Northbrook
makingstrideswalk.org/northshoreil

Sunday, October 15, 2017, 9 a.m.
Independence Grove Forest Preserve, Libertyville
makingstrideswalk.org/lakecountylil

Karen Dove Cabral Foundation 2017 Butterfly Ball

Join us for an afternoon of farm-to-table food with wine, beer, and music. All proceeds will benefit young mothers with breast cancer at NorthShore Kellogg Cancer Center.

Sunday, October 15, 2017, 1:00 p.m.
Elawa Farm, Lake Forest
karendovecabralfoundation.org

ACS Road to Recovery

Donate your passenger seat to help save lives. Volunteers are needed to drive cancer patients to treatment.



To volunteer visit cancer.org/drive or contact **ACS 1-800-227-2345**

MAKE AN IMPACT

Honor your care team while supporting 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 lrietmann@northshore.org

BE EDUCATED



Living in the Future

Cancer Survivorship Program

"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 26, 2017, 6 p.m.
Cancer Wellness Center, Northbrook

Registration required: **(847) 509-9595** or cancerwellness.org



Dr. Carol Rosenberg

RESEARCH AND CLINICAL TRIALS

The ABC Trial

A randomized phase III double blinded placebo controlled trial of Aspirin as adjuvant therapy for Node Positive HER2 Negative Breast Cancer (Alliance A011502).

Aspirin is a drug that reduces pain, fever, inflammation, and blood clotting. It is also being studied in cancer prevention. This trial studies how well Aspirin works in preventing cancer recurrence in patients with breast cancer after chemotherapy, surgery, and/or radiation therapy.

This study is open to women or men with early stage, node positive, HER2 negative stage II or III breast carcinoma within one year of the diagnosis.

If you have any questions, please contact the Research Office at **(847) 570-2109**. A complete list of clinical trials can be found at northshore.org/kellogg-cancer-center/clinical-trials

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

11:00 a.m.– 2:00 p.m.
Evanston Kellogg Patient Education Room G870

First Wednesday of every month

10:00 a.m.–1:00 p.m.
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

2017 Look Good...Feel Better Class Schedule

Kellogg Cancer Center, Glenbrook
Patient Education Conference Room 1077
Wednesdays: 8/16, 10/18, 12/20
Class held: 1:00 p.m.–3:00 p.m.

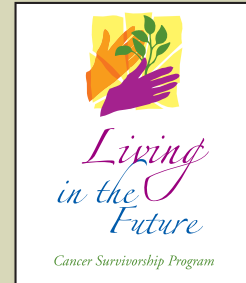
Kellogg Cancer Center, Evanston
Patient Education Room G870
Wednesdays: 8/30, 11/8
Class held: 11:00 a.m.–1:00 p.m.

NorthShore Highland Park Hospital
Meeting Room 1B
Mondays: 7/17, 9/18
Class 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. Appointments may be scheduled at the Kellogg registration desk or by calling **(847) 926-5818**.



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.

SUPPORT FOR YOU

For complete schedule, visit northshore.org/calendar

Weight Loss for Wellness

Join us for a weekly weight loss group for two years post-treatment cancer survivors.

Mondays, 3:00 p.m.

Evanston Kellogg Patient Education Room G870

Contact: **(847) 509-9595** to learn more about this program



Brain Tumor Patient Support Group

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

Location: Evanston Hospital Rooms G952-958

Contact: Melody or Inna **(847) 733-5341**

The Bill Buckman Prostate Cancer Education and Support Group

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

Location: Glenbrook Hospital Conference Rooms B-D

Contact: Sabina **(847) 570-1066**

LIFE Breast Cancer Support Group

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

(Starting in September)

Location: 1000 Central Street, Suite 800, Evanston

Facilitator: Anisha Patel, APN
Contact: **(847) 926-5818**



Head and Neck Cancer Discussion Group

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

Please feel free to come to one or both sessions.