GET INVOLVED

Cancer Survivor Beauty and Support Day
Tuesday, June 7
Salons offer complimentary service of their choice for men, women, children cancer survivors. For more information and to find a salon near you go to: cancersurvivorbeautyandsupportday.org

MMF Outdrive Brain Cancer Golf Outing
Support brain tumor patients in need.
Thursday, June 9, 11:30 a.m.
Glenview Park Golf Club
Register at: ezregister.com/events/36292/

ACS Walk and Roll
5K walk or run, 10K skate, or 15K bike. Use code “THRIVING” for free registration!
Saturday, June 11, 9 a.m.
Maggie Daley Park
Join NorthShore Kellogg Team at: walkrollchicago.org

Imerman Angels Brunch Run/Walk
Saturday, June 18, 8:30 a.m. Montrose Harbor
Join NorthShore Kellogg Team at: brunchrun5k.com

ZERO SEA Blue Chicago Prostate Cancer Walk/Run
Sunday, September 18, 9 a.m.,
Diversey Harbor
support.zerocancer.org

Lemons of Love Pink Lemonade 5K
Come run/walk with us to raise funds to share LOL chemo care packages.
Sunday, October 2, 9 a.m.
Lions Park, Mount Prospect
runsignup.com/pinklemonade5k

ACS Making Strides Against Breast Cancer- Making Strides of Lake County
Sunday, October 9, Independence Grove Forest Preserve, Libertyville
MakingStridesWalk.org/LakeCountyIL

National Ovarian Cancer Coalition Midwest Region
25th Anniversary Together in Teal Walk
Saturday, October 15, 8 a.m.
Wheaton, IL, Cantigny Park
give.ovarian.org

LLS Light the Night North Shore
Sunday, October 16, 5:30 p.m.
Gallery Park, Glenview
Join NorthShore Kellogg Team at: lightthenight.org

LCRF Free to Breathe Walk
Saturday, October 22, 9:30 a.m.
Montrose Harbor
lcrf.org/Chicago

Breathe Deep Together Walk to Stop Lung Cancer
In person or virtually via LIVE Broadcast through the Charge Running app on walk.
Saturday, November 5, 9 a.m.
Jackson Park
LUNGevity.org/together

RESEARCH AND CLINICAL TRIALS

The PREPARE study is researching different ways to best support newly diagnosed women to be as physically and mentally prepared as possible to help ensure the best outcomes possible.

Open to women between ages of 20-85 who have been recently diagnosed with breast cancer and are seeking surgery for treatment. Willing to view the wellness videos, complete surveys, and provide blood spots.

For more information, contact: BRP@northshore.org or (847) 570-4227

MAKE AN IMPACT

When you donate to Kellogg Cancer Center, you make a real impact for our cancer patients—your family, friends and neighbors. To make a donation to Kellogg Cancer Center go to foundation.northshore.org/donatekellogg

To learn more about other ways you can support the Kellogg Cancer Center and transform lives, contact Kevin Gray, Senior Director, Philanthropy, at (224) 364-7230 or KGray@northshore.org.

THRIVING AFTER TREATMENT

Do not forget to schedule your MRW Living in the Future (LIFE) Cancer Survivorship visit after completing treatment!

The MRW LIFE Program survivorship visit with a specialized advanced practice oncology nurse features developing and discussing a customized Survivorship Care Plan tailored to each cancer survivor as a unique individual visit. During the visit, which is available face to face in the Kellogg Cancer Centers or virtually through NorthShore’s telehealth program, patients receive information regarding their cancer diagnostic and treatment summary, follow-up and surveillance guidelines, long-term and late-effects of cancer treatments, healthy lifestyle practice recommendations and additional resources.

Integrated into NorthShore’s electronic medical record system, the Survivorship Care Plan can also easily be accessed via patient portal: NorthShoreConnect.

If you have had cancer, ask your oncologist for a referral to the LIFE Program, or call (847) 926-5818 with questions.

For more information visit northshore.org/LIFE
**BE EDUCATED**

**Evenings of Survivorship**
northshore.org/LIFE
Join us for the "**Evening of Survivorship Programs**" which are the Myra Rubenstein Weis LIFE Cancer Survivorship Program's educational workshops. Conducted by NorthShore's health professional survivorship experts, the seminars cover major topics regarding cancer survivorship and promote the acquisition of skills to understand, select and navigate community-based survivor resources.

The topics in the series include cancer stress management, nutrition, fitness, cognitive function, genetics, rehabilitation, sexuality, insurance and employment, and have a focus on the survivorship perspective.

**Evenings of Survivorship** are held virtually via ZOOM and in-person at NorthShore hospitals. They are available to the community at-large and are free of charge. The seminars may also be presented during NorthShore's cancer support groups.

**Weathering the Storm of Uncertainty: Managing Fear of Cancer Recurrence and Progression**

**Wednesday, June 8, 5:30 p.m. via ZOOM**
with psychologist, Dr. Elizabeth Kacel and Kellogg Social Workers
Open to cancer patients and health care professionals
Join us to learn what fear of cancer recurrence or progression means and how it can impact your life. We will preview strategies you can use immediately to start managing fear of cancer recurrence or progression.

RSVP: apatel4@northshore.org or (847)926-5818

**LIFE as a Previvor**
northshore.org/Previvor

The LIFE as a Previvor Video Workshop outlines a proactive plan to prevent cancer in women genetically predisposed to breast and ovarian cancer. A comprehensive educational forum of medical experts addresses strategies to identify, manage, monitor and treat individuals who carry predisposition genes for breast and ovarian cancer. Generously funded by the MRW Leadership Board.

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**MAKE CONNECTIONS**

**Immerman Angels**' mission is to provide comfort and understanding for all cancer fighters, survivors, previvors and caregivers through a personalized, one-on-one connection with someone who has been there. Imerman Angels partners anyone, any age, any gender, anywhere and any cancer type seeking support with someone just like them— a "Mentor Angel". A Mentor Angel is a cancer survivor, previvor or caregiver who most importantly has faced the same type of cancer. They provide support for caregivers, including those who may be grieving the loss of a loved one. Previvors and high-risk individuals are people who have not been diagnosed with cancer, but have a predisposition to the disease due to their genetic makeup, family history or other factors. This service is 100% FREE to all people facing cancer.

Contact: (866) IMERMAN (463-7626) or info@imermanangels.org
imermanangels.org

**Look Good...Feel Better LIVE! Virtual Workshops**

Look Good Feel Better offers five types of Look Good Feel Better Live! virtual workshops. Learn about skin care and makeup, wigs and head coverings, nail care, or body image and styling.

lookgoodfeelbetter.org/virtual-workshops

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**SUPPORT FOR YOU**

**For complete schedule, visit northshore.org/calendar**

**Virtual Lisa Klitzky Young Adult Group (ages 20 to 40)**
1st and 3rd Thursdays of the month, 7 p.m.
Contact: (847) 562-4981 for more information

**Virtual Bill Buckman Prostate Cancer Education and Support Group**
2nd Tuesday of every month, 7 p.m. via Zoom
Contact: Sabina (847) 570-1066 or somercacic@northshore.org

**Virtual SPOHNC Head and Neck Cancer Discussion Group**
2nd Monday of every other month, 6 p.m. via Zoom
Contact: Sabina (847) 570-1066 or somercacic@northshore.org

**Virtual Stress Reduction Group for Cancer Patients and Caregivers**
1st Wednesday of each month, 3:30–5 p.m. via Zoom
Qigong: Gentle Exercises for Relaxation & Self-Healing, 3:30–4 p.m.
Quiet Practice, 4 p.m.
Please feel free to come to one or both sessions.
Contact: Meg (847) 570-2039 or mmadvig@northshore.org

**NCH Virtual Cancer Support Groups**
at: nch.org/conditions/cancer-care/or under Classes and Events: nch.org/events/

**Contact**: Vanessa (847) 618-6660 or vgrazian@nch.org

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**MAKE CONNECTIONS**

**Immerman Angels Cancer Support Community Newsletter**
northshore.org/kellogg-cancer-center/our-services/support-services/resources/

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