

Kellogg Cancer Center Upcoming Events

Spring 2019

GET INVOLVED

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

Sunday, April 28, 2019, 7:30 a.m.

Independence Grove, Libertyville
cancerwellness.org

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

Sunday, May 5, 2019, 8:30 a.m.

Deerfield H.S.
lungevity.org/northshore

ACS Relay for Life of Northwestern University

Friday, May 10, 2019, 6 p.m.

Henry Crown Pavilion Center
relayforlife.org/northwesternil

Updates to Lung Cancer Treatment

Join us for a panel discussion with experts from medical oncology, thoracic surgery and pulmonary medicine from NorthShore as they present the latest information on lung cancer screening, early diagnosis and new treatments for the disease.

Tuesday, May 14, 2019 6 p.m.

Cancer Wellness Center, Northbrook
Registration required: (847) 509-9595 or
cancerwellness.org

NOCC, Run/Walk to Break the Silence on Ovarian Cancer

Saturday, May 18, 2019, 6:30 a.m.

United Center
ovarian.org

Michael Matters Foundation Racing to Beat Brain Cancer

This will be an exciting afternoon full of races, food, drink, fantastic auction items, and (hopefully) winning horses—while supporting NorthShore brain cancer patients and their families.

Saturday, May 18, 2019, 1 p.m.

Arlington International Racecourse
michaelmatters.org

NorthShore's Annual Women's Health Immersion Day

Provides an educational and engaging forum with specialists across many disciplines to address a myriad of women's health concerns. Whether you are gathering information on a specific condition or are looking to maintain your overall health, this event will be informative.

Sunday, May 19, 2019 12-4 p.m.

Chicago Botanic Garden, Glencoe
northshore.org/womenshealthevent2019 for more information

The Chicago Metsquerade

Event to support metastatic breast cancer research

Friday, May 31, 2019 6:30 p.m.

Artifact Events, Chicago, chicagomets.org

ACS Walk and Roll

Saturday, June 8, 2019, 8 a.m.

Maggie Daley Park, walkrollchicago.org

Imerman Angels Brunch Run/Walk

This is not your ordinary 5K! When you reach the finish line, you will be treated to an amazing brunch worth running or walking for!

Saturday, June 8, 2019 8:30 a.m.

Montrose Harbor
brunchrun5k.com

MRF Miles for Melanoma

Saturday, June 22, 2019 8:45 a.m.

Grant Park
melanoma.org

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

Saturday, June 29, 2019, 10 a.m.

Soldier Field, Chicago
purplestride.org

Survivor Celebration

Join us to recognize and celebrate all the cancer fighters with giveaways, speakers and more from Imerman Angels, American Cancer Society, Ignite for Hope, Albums of Hope and Lemons of Love!

Thursday, June 27, 2019, 11 a.m.-2 p.m.

Evanston Kellogg Cancer Center Patient Education Room G870

Golf 'Fore' Life

Join us for a day of golf, raffles and fun to support NorthShore Kellogg Cancer Center.

Saturday, August 17, 2019, 11 a.m.

adpgolf4life.com

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**



BE EDUCATED

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 address strategies to identify, manage, monitor and treat individuals who carry predisposition genes for breast and ovarian cancer.

Topics include: Genetic testing; Screening guidelines; Surgical options; Chemo-prevention and Lifestyle suggestions. Funded by the MRW Leadership Board.

Myra Rubenstein Weis



**CANCER SURVIVORSHIP
PROGRAM**

Evening of Survivorship

LIFE and Cancer Wellness join hands for an evening of interactive workshops on various topics of interest to survivors including Food Facts and Myths for Survivors, Cognitive Function: Is it Chemobrain?, Reestablishing Intimacy, Stress Reduction through Mindfulness, and Navigating Relationships in Survivorship. Sponsored by the Myra Rubenstein Weis LIFE Cancer Survivorship Program and moderated by LIFE director Carol A. Rosenberg MD

Thursday, June 13, 2019, 6 p.m.

Light meal will be served at 5:30
Cancer Wellness Center, Northbrook

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

THRIVING AFTER TREATMENT

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

This visit features a customized Survivorship Care Plan, which includes your cancer treatment summary, follow-up and surveillance recommendations, long-term and late-effects of your treatments, healthy lifestyle practices, and additional resources. Call **(847) 926-5818** for more information or to schedule your appointment.

Visit the MRW LIFE Cancer Survivorship Program website at **northshore.org/LIFE** to register for educational programs important for maximizing your health and wellbeing.

MAKE AN IMPACT

Say thanks to your Kellogg Cancer Center care team by making a donation in their honor.

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**

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 a.m.–2 p.m.

Evanston Kellogg Patient Education Room G870

First Tuesday of every month

10 a.m.–1 p.m.

Kellogg Cancer Center, Highland Park Lobby

Alternate Wednesday of every month

9 a.m.–12 p.m.

Kellogg Cancer Center, Glenbrook Lobby

Look Good...Feel Better LIVE! Virtual Workshops

Participants will receive live instruction, tips, and tricks for dealing with appearance concerns during online workshop from the comfort and privacy of their home.

lookgoodfeelbetter.org/virtual-workshops



SUPPORT FOR YOU

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

Recruiting for Weight Loss for Wellness for July 2019

Weekly weight loss group for five years post-treatment cancer survivors

Mondays, 5 p.m.–6 p.m. starting **July 15, 2019**

Evanston Hospital Room 1711 (1st floor) across Frank Auditorium

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

Lisa Klitzky Young Adult Group (ages 20 to 40)

1st and 3rd Thursdays of the month, 6 p.m.

Cancer Wellness Center, Northbrook

Contact: **(847) 509-9595** for more information

Leukemia and Lymphoma Society Cancer Center Table

Fridays 10 a.m.–12 p.m.

Evanston Kellogg lobby

Contact: **(847) 570-2913** or **cgoldstein@northshore.org**

“What’s Your Story?” Journaling writing group for Cancer Survivors

Thursdays 2:30 p.m.–4 p.m., Evanston Kellogg Patient Education Room G870

Contact: **(847) 570-2913** or **cgoldstein@northshore.org**

The Bill Buckman Prostate Cancer Education and Support Group

2nd Tuesday of every other month, 7 p.m. Glenbrook Hospital Conference Rooms B-D

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

Brain Tumor Patient and Caregiver Support Group

3rd Thursday of each month, 5:30–7 p.m. Evanston Hospital Rooms G952-958

down the hall from Radiology

Contact: **(847) 570-1808**

Head and Neck Cancer Discussion Group

2nd Monday of every other month, 6 p.m. Evanston Kellogg Patient Education

Room G870

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

Stress Reduction Group for Cancer Patients and Caregivers

Tuesday, April 16, 2019 3:30–5:00 p.m.

Starting in May First & Third Wednesdays of each month, 3:30–5 p.m., Evanston Kellogg Patient Education Room G870

Contact: Meg **(847) 570-2039**

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.

NorthShore
University HealthSystem

Kellogg Cancer Center

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