Kellogg Cancer Center Upcoming Events
Fall 2019

GET INVOLVED

Oral Cancer Foundation Walk/Run
Saturday, September 14, 8 a.m.
Les Miller Field at Curtis Granderson Stadium, Chicago
donate.oralcancer.org/index cfm?fuseaction=
donorDrive.team&teamID=8057

SEA Blue Chicago Prostate Cancer Walk/Run
Sunday, September 15, 8 a.m., Lincoln Park
ustoo.rallybound.org/seablue-prostate-walk

Cancer Awareness Night:
Chicago Cubs vs. St. Louis Cardinals
Cheer on your favorite team while joining the fight
against cancer! $15 of each ticket sale will be
donated back to the American Cancer Society.
Tuesday, September 17, 6:15 p.m.
Wrigley Field
acsevents.org/2019chicagosports

Chicago Lung Run
Sunday, September 22, 9 a.m.
Montrose Harbor
participate.lcrf.org/goto/TOPTeamofNSUHS

Fall Celebration for Kellogg Patients,
Families & Kellogg Medical Care Team
Join us for refreshments, horse-drawn wagon
rides, arts and crafts, chair massages, raffle prizes!
Sunday, September 22, 3 p.m.–6 p.m.
Wagner Farm, Glenview
RSVP by September 10, 2019 to
kelloggcelebration@gmail.com

American Cancer Society Making Strides
Against Breast Cancer
Sunday, September 29, 9 a.m.
Underwriter’s Laboratory, Northbrook
makingstrideswalk.org/northshoreil
Sunday, October 13, 9 a.m.
Independence Grove Forest Preserve, Libertyville
makingstrideswalk.org/lakecountyil

Court the Cure
Paddle tennis players throughout the Chicago
area will participate in a kick-off tournament
supporting Dr. Yao’s breast cancer research.
Thursday, October 3
Contact: abhrmsnm@aol.com

BrainUp 5K Run/Walk
Sunday, October 6, 8:30 a.m.
Maggie Daley Park
classy.org/team/241532

Karen Dove Cabral Butterfly Benefit
Join in for live music, raffle & auction prizes,
and a great farm-to-table meal which will
benefit young mothers in need who are
dealing with breast cancer.
Sunday, October 6, 1 p.m.–3 p.m.
Winnetka Community House
karendovecabralfoundation.org/events

Sing to Live Community Chorus
Enjoy classic Motown while supporting breast
cancer programs. Breast Cancer Survivors are
invited to complimentary admission.
Saturday, October 26, 7:30 p.m.
Sunday, October 27, 7:30 p.m.
greenville.org/singtolive.org

‘Stache, Snap and Share!’
This November NorthShore aims to create
awareness about men’s health and cancer risk as
well as raise funds for Kellogg Cancer Center.
Raise awareness by sharing a photo of you in a
blue mustache!
Tag #Staches4NorthShore and @
NorthShoreWeb on your public post.
northshore.org/staches-for-northshore

NorthShore Kellogg Caregiver Social
Join us to recognize and celebrate all
caregivers which will receive exquisite
giveaways from Imerman Angels, Lemons of
Love, Ignite for Hope, Albums of Hope and
American Cancer Society!
Thursday, November 21, 11 a.m.–2 p.m.
Evanston Kellogg Pt Education Room G870

4th Annual Jammin’ In Our Genes
Join the MRW Leadership Board where
funds raised will provide financial support
for a screening mammography program for
uninsured and underserved patients in the
Lake County community who receive their
care at North Shore Health Center.
Saturday, December 7, 8 p.m.
210 Restaurant, Highwood
foundation.northshoer.org/jammin

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

ACS CAN Survivor Views: American Cancer Society Cancer Action Network is seeking cancer survivors to participate in new research project to understand their experiences & opinions on public policy issues that affect their lives. Participation involves a series of 10-minute surveys once a month through June 2020. To participate: fightcancer.org/survivorviews5

THRIVING AFTER TREATMENT

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

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

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.

MAKE CONNECTIONS

Imelman 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
Monthly, Thursday (last)
11 a.m.–2 p.m.
Evanston Kellogg Patient Education Room G870

Monthly, Thursdays (dates vary)
12 p.m.–3 p.m.
Kellogg Cancer Center, Glenbrook Lobby

Monthly, Mondays or Wednesdays (dates vary)
10 a.m.–1 p.m.
Kellogg Cancer Center, Highland Park 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

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., 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 Management and Relaxation Training Group for Cancer Patients and Caregivers
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.

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“Eat to Beat Malignancy” and Cooking Demo
Join us for an evening of learning and eating.
LIFE program director Carol Rosenberg, MD, FACP, and registered dietitian Oehme Soule, RDN will present the tasty components that form a healthy diet for cancer survivors. The presentation includes the science behind nutritional guidelines; strategies for weight management and physical activity; and a cooking demonstration/tasting. Sponsored by the Myra Rubenstein Weiss Health Resource Center.
Thursday, November 14, 2019 6 p.m.
Cancer Wellness Center, Northbrook
Registration required: (847) 509-9595 or cancerwellness.org

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.

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NorthShore University HealthSystem
Kellogg Cancer Center
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