

Kellogg Cancer Center Upcoming Events

Spring 2017

GET INVOLVED

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

Sunday, April 23, 2017, 8:30 a.m.

Deerfield High School, Deerfield

lungevity.donordrive.com/team/6989

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

Saturday, April 29, 2017, 8:30 a.m.

Soldier Field, Chicago

purplestride.org

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

Sunday, April 30, 2017, 7:30 a.m.

Independence Grove, Libertyville

cancerwellness.org

21st Annual Myra Rubenstein Weis Health Resource Center Benefit Luncheon honoring Katharine Yao, MD

Funds raised will support the LIFE Program and an innovative, pilot project that will educate the next generation about personalized medicine and how genomics is transforming healthcare.

Wednesday, May 3, 2017 10:30 a.m.

Highland Park Country Club, Highland Park

foundation.northshore.org/2017-mrw-event



ACS Relay for Life of Northwestern

Friday, May 12, 2017, 6:00 p.m.

Norris University Center, Evanston

relayforlife.org/northwesternil

Embrace the Race 5k

Sunday, May 14, 2017, 8:00 a.m.

Get active while raising funds for breast and ovarian cancer research at NorthShore carpediemraces.com/embrace-the-race-5k/

ACS Relay for Life of North Shore

Friday, May 19, 2017, 6:00 p.m.

Glenbrook South High School, Glenview

relayforlife.org/northshoreil

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

Saturday, May 20, 2017, 8:30 a.m.

Arlington Heights Race Track

ovarian.org

Oral Cancer Foundation Walk/Run for Awareness—Northern IL

Sunday, May 21, 2017, 9:30 a.m.

Redmond Park, Bensenville

donate.oralcancer.org

Bone Marrow Donor Registry Drive

NorthShore is hosting drive in partnership with the Icla Da Silva Foundation. Donors between the ages of 18-44 can join the registry to help patients fighting blood cancer.

Wednesday, May 31, 2017, 8 a.m.-3 p.m.

Glenbrook Hospital Meeting room C

Contact Terri at **(847) 225-5608** or terri@icla.org for more information.

Understanding Prostate Cancer

Join us for an informative program on the latest advancements in prostate cancer. Hear experts from NorthShore and Mayo Clinic.

Wednesday, June 7, 2017, 6:00 p.m.

Chicago Botanic Garden, Glencoe

northshore.org/prostate or call **(847) 570-3575**

ACS Relay for Life of Gurnee/Wadsworth

Saturday, June 10, 2017, 6:00 p.m.

Warren Township High School

relayforlife.org/gurneeil

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



Living in the Future

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, Cognitive Function: Is it Chemobrain?, Mindfulness and stress reduction techniques. Light dinner will be served. Sponsored by the Myra Rubenstein Weis Health Resource Center.

Thursday, June 8, 2017, 6 p.m.

Cancer Wellness Center, Northbrook

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

MAKE AN IMPACT

Do you have a special birthday or anniversary coming up? Consider asking for donations to support Kellogg Cancer Center in lieu of gifts. It's a unique way to celebrate and give back!

For more information, contact Anne Stretz at **(224) 364-7275** or astretz@northshore.org

To make a donation to Kellogg Cancer Center go to foundation.northshore.org/donatekellogg



SUPPORT FOR YOU

For complete schedule, visit northshore.org/calendar

NEW for April 2017! Weight Loss for Wellness



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

Mondays, 3:00 p.m. beginning on April 24

Evanston Kellogg Patient Education Room G870

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

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

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

LIFE Breast Cancer Support Group

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

Location: 1000 Central Street,
Suite 800, Evanston

Facilitator: Anisha Patel, Survivorship
Advanced Practice Nurse

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.

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: 4/19, 6/21, 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: 6/28, 8/30, 11/8
Class held: 11:00 a.m.–1:00 p.m.

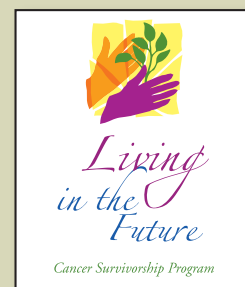
NorthShore Highland Park Hospital

Meeting Room 1B
Mondays: 4/17, 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.