

GET INVOLVED

Sing to Live Community Chorus

Enjoy a chorus of voices raised for those who are touched by breast cancer benefiting Kellogg Cancer Center.

Saturday, April 14, 2018, 7:30 p.m.

Glenview Community Church

Sunday, April 15, 2018, 4:00 p.m.

Pilgrim Congregational Church, Oak Park
singtolive.org

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

Sunday, April 29, 2018, 7:30 a.m.

Independence Grove, Libertyville
cancerwellness.org

22nd Annual Myra Rubenstein Weis Luncheon

Join us to provide support for a variety of community based health care programs including the LIFE (Living in the Future) Cancer Survivorship Program.

Wednesday, May 2, 2018, 10:30 a.m.

foundation.northshore.org/mrw

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

Sunday, May 6, 2018, 8:30 a.m.

Deerfield High School, Deerfield

lungevity.donordrive.com/event/northshore

ACS Relay for Life of Northwestern University

Friday, May 11, 2018, 6 p.m.-6 a.m.

Norris University Center

relayforlife.org/northwesternil

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

Saturday, May 19, 2018, 7:00 a.m.

Arlington Heights Race Track
ovarian.org

ACS Relay for Life of SLMGN (Skokie, Lincolnwood, Morton Grove, Niles)

Friday, May 25, 2018, 6 p.m.-6 a.m.

Niles North High School

relayforlife.org/slmgnil

ACS Relay for Life of North Shore

Friday, June 1, 2018, 5:00-12:00 p.m.

Glenbrook South High School

relayforlife.org/northshoreil

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

Saturday, June 24, 2018, 10:00 a.m.

Soldier Field, Chicago

purplestride.org

NorthShore Kellogg and Imerman Angels Survivor Social

Join us to recognize and celebrate all the cancer survivors

Thursday, June 28, 2018,

10:30 a.m.-2:00 p.m.

Evanston Kellogg Cancer Center Patient Education Room G870

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

Looking for a unique way to support Kellogg Cancer Center?

Consider hosting a Community Partner Event.

Gather your friends and family to run a 5K, enjoy a dinner party or host a game night, all while raising funds for a cause close to your heart. To learn more call **(847) 926-5003**.

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

For more information, contact Lisa at **(224) 364-7230** or lriemann@northshore.org

RESEARCH AND CLINICAL TRIALS

A phase II study of Pembrolizumab in subjects with HP-associated Recurrent Respiratory Papillomatosis (RRP).

This study investigates the efficacy of Pembrolizumab (an immunologic agent) in treating RRP, as opposed to the conventional standard of care.

This study is open to patients \geq 18 years old who have severe RRP of the larynx (\geq 3 surgical removal per year) and/or RRP that has spread to the trachea and/or lungs.

For any questions, please contact the Research Office at (847) 570-1675.

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 & Lifestyle suggestions

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?, Stress Reduction through Mindfulness and Navigating Relationships in Survivorship. Light meal and dessert will be served at 5:30. Sponsored by the Myra Rubenstein Weis Health Resource Center.

Thursday, June 7, 2018, 6 p.m.

Cancer Wellness Center, Northbrook

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

11:00 a.m.–2:00 p.m.

Evanston Kellogg Patient Education Room G870

First Tuesday 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 required: 1-800-227-2345.

2018 Look Good...Feel Better Class Schedule

Kellogg Cancer Center, Glenbrook

Patient Education Conference Room 1077
Wednesdays: 4/18, 6/20, 8/15, 10/17, 12/12
Class held: 1:00 p.m.–3:00 p.m.

Kellogg Cancer Center, Evanston

Patient Education Room G870
Wednesdays: 6/20, 8/29, 11/14
Class held: 11:00 a.m.–1:00 p.m.

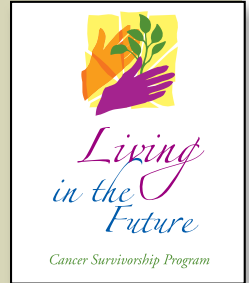
NorthShore Highland Park Hospital

Meeting Room 1A
Mondays: 4/16, 7/16, 9/17
Class held: 11:00 a.m.–1:00 p.m.

THRIVING AFTER TREATMENT

Do not forget to schedule your 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 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

Stay Strong and Mahj On Program

Join us to learn or play Mah Jongg during your appointment or treatment.

First and Third Fridays, 2-3:30 p.m.
Highland Park Kellogg Consult Room

To sign up contact:

Alexis **(847) 400-4343** or

alexis@staystrongandmahjon.org

Weight Loss for Wellness

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

Mondays, 2:30-3:30 p.m.

Evanston Kellogg Patient Education Room G870

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



“What’s Your Story?” Journaling Writing Group for Cancer Survivors

6-week class on Thursdays
Evanston Kellogg Patient Education Room G870

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

The Bill Buckman Prostate Cancer Education and Support Group

Second Tuesday of each month, 7:00 p.m.
Glenbrook Hospital Conference Rooms B-D
Contact: Sabina **(847) 570-1066**

Brain Tumor Patient and Caregiver Support Group

Third Thursday of each month, 5:30–7:00 p.m.
Evanston Hospital Rooms G952-958
Contact: **(847) 570-1808**

Cancer Caregiver Support Group

Contact for more information:
Lindsey **(847) 503-4221**

Head and Neck Cancer Discussion Group

Second Monday of every other month, 6:00 p.m.
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.
Evanston Kellogg Patient Education Room G870
Contact: Meg **(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.