

GET INVOLVED

Wisdom 4 Health Symposium by American Cancer Society and NorthShore

Learn how making smart choices can help your tweens and teens have a healthier future.

Thursday, July 26, 2018
5:30 p.m.–8:00 p.m.

Wilmette Park District, Theatre,
3000 Glenview Road

Light Refreshments, Presentation and
Panel Discussion and Cooking Demo

- **Carolyn Bruzdinski, Ph.D.** on **Nutrition, Teen Smoking and Cervical Cancer**
- **Dr. Holland** on **Preventing cancer in your pre-teen with the HPV vaccine**
- **Dr. Brockstein** on **HPV related cancers. Epidemiology/Transmission, Impact, Treatment and Prevention**

RSVP by July 25 to Debra at **(847) 317-0209** or **Debra.Velchek@cancer.org**

ADP Golf “Fore” Life Event

Enjoy a round of Shotgun Golf followed by 6:00 p.m. dinner and a raffle benefitting Kellogg Cancer Center

Saturday, August 18, 2018, 11:00 a.m.
Deerfield Golf Club **adpgolf4life.com**

Oral Cancer Foundation Walk/Run for Awareness

Saturday August 25, 2018, 9:45 a.m.
UIC Flames Field, 901 W. Roosevelt Road,
Chicago **donate.oralcancer.org**

Chicago Lung Run

Sunday, August 26, 2018, 8:30 a.m.—10K and 9:00 a.m.—5K and 1 mile walk
Montrose Harbor, Chicago **lcrf.org/LungRun**

SEA Blue Chicago Prostate Cancer Walk & Run

Sunday, September 9, 2018, 8:00 a.m.
Lincoln Park (1790 North Stockton), Chicago
SeaBlueProstateWalk.org

The Oncology Patient Advisory Board of Kellogg invites you to their Fall Celebration For Patients, Families and Your Kellogg Medical Care Team

Sunday, September 30th, 2018
3:00 p.m.–6:00 p.m.
Wagner Farm, Glenview
Join us for refreshments, horse-drawn wagon rides, arts and crafts, chair massages, raffle prizes and more!

The event is free, but you must RSVP by September 10th via email: kellogecelebration@gmail.com

American Cancer Society Making Strides Against Breast Cancer

Sunday, September 30, 2018, 9:00 a.m.
Underwriter's Laboratory, Northbrook
makingstrideswalk.org/northshoreil

Sunday, October 14, 2018, 9:00 a.m.
Independence Grove Forest Preserve, Libertyville
makingstrideswalk.org/lakecountyil

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**.



Survivor Celebration

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

Thursday, June 28, 2018, 11:00 a.m.–2:00 p.m.

Evanston Kellogg Patient Education Room G870



Karen Dove Cabral Foundation 2018 Butterfly Benefit

Join us for an afternoon of farm-to-table food with wine, beer, and music. All proceeds will benefit young mothers with breast cancer at NorthShore Kellogg Cancer Center

Sunday, October 14, 2018, 1:00 p.m.
Kenilworth Assembly Hall, Kenilworth IL
karendovecabralfoundation.org

Sing to Live Community Chorus

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

Saturday, October 20, 2018, 7:30 p.m.
Glenview Community Church
Sunday, October 21, 2018, 4:00 p.m.
Pilgrim Congregational Church, Oak Park
singtolive.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 & Lifestyle suggestions. Funded by the MRW Leadership Board.

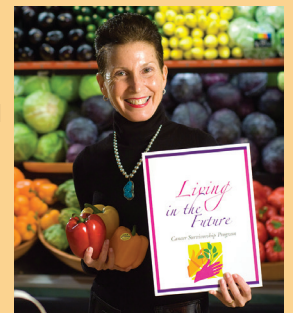
“Eat to Beat Malignancy” and Cooking Demo

Join us for an evening of learning and eating with the NorthShore LIFE Cancer Survivorship Program experts. LIFE program director Carol Rosenberg, MD, FACP, and registered dietitian and culinarian Oehme Soule, RDN will present the science of survivorship and its nutritional guidelines; strategies for weight management and physical activity; and a cooking demonstration/tasting. Sponsored by the Myra Rubenstein Weis Health Resource Center.

Thursday, October 18, 2018, 6:00 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: 8/15, 10/17, 12/19
Class held: 1:00 p.m.–3:00 p.m.

Kellogg Cancer Center, Evanston

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

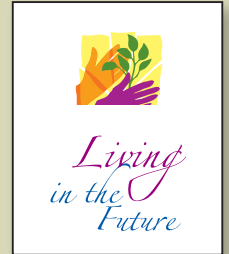
NorthShore Highland Park Hospital

Meeting Room 1A
Mondays: 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.

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

SUPPORT FOR YOU

For complete schedule, visit northshore.org/calendar

NEW Leukemia and Lymphoma Society Cancer Center Table

Fridays, 10:00 a.m.–12:00 p.m.
Evanston Kellogg lobby
Contact: **(847) 570-2913** or cgoldstein@northshore.org

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

6-week class on Thursdays, 3:00 p.m.–4:30 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

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**

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.



Kellogg Cancer Center

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