

GET INVOLVED

Open to everyone in the Endeavor Health system (as well as outside of the system) and the community.

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

Saturday, April 26, 10 a.m.

DuPage Event Center & Fairgrounds, Wheaton
secure.pancan.org/site/TR/PurpleStride/PurpleStride?pg=entry&fr_id=3076

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

Sunday, April 26, 2026, 7:30 a.m.

Independence Grove, Libertyville
Join Team Endeavor Health at:
p2p.onecause.com/26stup/team/team-endeavor-health

ReRouting: Choosing Your Course After Cancer Medical Survivorship

Monday, April 27, 5:30 p.m. Virtual

Dr. Katarina Petras, Radiation Oncologist
wellnesshouse.org/program-list/#all-programs

2026 Walk for Wellness House

Sunday, May 3, 8 a.m.

131 N. County Line Rd, Hinsdale
Join Team Endeavor Health at:
secure.ggiv.com/event/2026walkforwellnesshouse

MRW Health Resource Center 29th Annual Benefit Luncheon: Treating the Whole Person

Benefiting the MRW LIFE Cancer Survivorship Program

Wednesday, May 20, 10:30 a.m.

Exmoor Country Club, Highland Park
Honoring Matthew Adess, MD
For information, contact NorthShore Hospitals Foundation at (847) 926-5003 or foundation.northshore.org/mrw

ACS Walk & Roll Chicago

5K walk or run, 10K skate, or 15K bike.
Use code "THRIVING" for free registration!
Saturday, May 30, 7:30 a.m.

Upper Hutchinson Field, Chicago
Join Team Endeavor Health at:
runsignup.com/teameh/walkrollchicago.org

Cancer Survivor Beauty and Support Day

Tuesday, June 2
Salons offer complimentary service of their choice for men, women, children cancer survivors. For more information and to find a salon near you go to:
cancersurvivorbeautyandsupportday.org

Cancer Survivor Celebration, Party Year-Round!

Sunday, June 7, 2 p.m.

Northwest Community Hospital
Open to anyone affected by Cancer.
Fun and Games; Raffles; Party Year-Round Gifts; Refreshments; Presentation by **Ted James, MD** and from a Cancer Survivor.
Join to meet some of Oncology Team Members.
Register at: nch.org/events/survivor-party-year-round-cancer-survivor-celebration-12332

MRF Chicago Miles for Melanoma 5K

Sunday, July 19, 7:30 a.m.
Diversey Harbor
melanoma.org/news-press/event/chicago-miles-for-melanoma-5k

Same Day Mammography Screenings

are available at several locations by calling 1-888-364-6400 or visit any of our hospital locations. You can also schedule online:
endeavorhealth.org/schedulemammmogram

ACS Road To Recovery®

If you are facing cancer and need rides to treatment, call 1-800-227-2345 to find out if there are drivers available in your area.



SUPPORT FOR YOU

endeavorhealth.org/services/cancer-institute/support-survivorship/support-services#support_groups

ZERO Prostate Cancer Education and Support Group

2nd Tuesday of every month, 7 p.m. via Zoom

Contact: Sabina (847) 570-1066 or sabina.omercajic@endeavorhealth.org

SPOHNC Head and Neck Cancer Discussion Group

2nd Monday of every other month, 6 p.m. via Zoom

Contact: Sabina (847) 570-1066 or sabina.omercajic@endeavorhealth.org

NCH Virtual Cancer Support Groups

Click to see our events in Arlington Heights

Contact: Vanessa (847) 618-6660 or vanessa.grazian@endeavorhealth.org

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**, an Associate Executive Director, at (224) 364-7609 or kevin.gray@endeavorhealth.org

Swedish Hospital Foundation works to inspire charitable giving through philanthropic partnerships with those in our community who want to make a real difference. For more information, call (773) 293-5121 or swedish.foundation@endeavorhealth.org

To donate to the **NCH Cancer Patient Assistance Fund**, visit: donate.endeavorhealth.org/nch
This fund provides compassionate assistance to patients fighting cancer. Donations can be made with any domination in memory or honor of someone.

Edward Foundation (Naperville and Plainfield)

Donate to **Oncology Fund** at: donate.endeavorhealth.org/edward

- endeavorhealth.org/give/foundations/edward-hospital-foundation
- General Foundation number (630) 527-3954
- General Foundation email edward.foundation@endeavorhealth.org

Elmhurst Memorial Hospital Foundation

Donate to **Hope.Lives.Here, Fund** at: donate.endeavorhealth.org/elmhurst

Supports the programs and services of the Nancy W. Knowles Cancer Center

- endeavorhealth.org/give/foundations/elmhurst-memorial-hospital-foundation
- General Foundation number (331) 221-4483
- General Foundation email elmhurst.foundation@endeavorhealth.org

BE EDUCATED



Evenings of Survivorship

endeavorhealth.org/services/cancer-institute/support-survivorship

Join us for the *Evenings of Survivorship*—free virtual workshops presented by the Myra Rubenstein Weis LIFE Cancer Survivorship Program. Led by Endeavor NorthShore health professionals, these sessions focus on key aspects of life after cancer and empower survivors to access and navigate essential resources.

Topics include nutrition, fitness, emotional well-being, cognitive changes, cardiovascular and bone health, genetics, rehabilitation, and intimacy—all through the lens of survivorship.

UPCOMING EVENTS

Tired of Being Tired? Understanding Sleep and Cancer

Thursday, April 16, 5:30 p.m. via ZOOM

Join the MRW LIFE Psycho Oncology team for a focused, educational discussion on sleep health in cancer survivorship.

RSVP: anisha.patel@endeavorhealth.org or (847) 926-5818

Mindfulness and Managing Stress and Anxiety Across the Cancer Journey

Thursday June 11, 5:30 p.m. via ZOOM

Join the MRW LIFE Psycho Oncology team and learn how to use mindfulness techniques, an effective evidence-based intervention, to find calm during and beyond cancer.

RSVP: anisha.patel@endeavorhealth.org or (847) 926-5818

RESEARCH AND CLINICAL TRIALS

NRG-CC01-Cognitive Training for Cancer-Related Cognitive Impairment in Breast Cancer Survivors is multi-center, randomized double-blinded controlled trial testing 2 interventions to help with cognitive changes related to chemotherapy (sometimes called chemo-brain). Open to adults with stage 1-3 breast cancer, greater than 6 months and less than 5 years from end of chemotherapy, radiation, immunotherapy, or other oral anti-cancer therapies (not including hormonal treatment or Herceptin) and adults with trouble with memories, focus or cognitive function.

For more information, contact: Kyla at (847) 570-3706 or kyla.lee@endeavorhealth.org
Michele at (847) 570-2109 or michele.britto@endeavorhealth.org

MAKE CONNECTIONS

Imerman Angels' mission is to provide comfort and understanding for all cancer fighters, survivors, previvors and caregivers through a personalized, one-on-one connection with someone who has been there. Imerman Angels partners anyone, any age, any gender, anywhere and any cancer type seeking support with someone just like them—a "Mentor Angel". A Mentor Angel is a cancer survivor, previvor or caregiver who most importantly has faced the same type of cancer. They provide support for caregivers, including those who may be grieving the loss of a loved one. Previvors and high-risk individuals are people who have not been diagnosed with cancer, but have a predisposition to the disease due to their genetic makeup, family history or other factors. This service is 100% FREE to all people facing cancer.

Contact: (866) **IMERMAN (463-7626)** or info@imermanangels.org
imermanangels.org



Look Good...Feel Better LIVE! Virtual Workshops

Look Good Feel Better offers five types of Look Good Feel Better Live! Virtual workshops. Learn about skin care and makeup, wigs and head coverings, nail care, or body image and styling.

lookgoodfeelbetter.org/virtual-workshops

THRIVING AFTER TREATMENT

Remember to schedule your MRW Living in the Future (LIFE) Survivorship Visit after completing treatment!

The MRW LIFE Cancer Survivorship Program offers a personalized visit with a specialized oncology advanced practice nurse to help you confidently move forward after treatment. Together, you'll develop a tailored **Survivorship Care Plan**—a roadmap created just for you. This visit includes:

- A summary of your diagnosis and treatment
- Guidelines for follow-up and long-term monitoring
- Information on potential late or long-term effects
- Healthy lifestyle recommendations and access to support resources

Appointments are available in person at the Kellogg Cancer Centers or virtually through telehealth. Your Survivorship Care Plan is integrated into your medical record and accessible anytime through **NorthShore Connect**. If you're a cancer survivor, ask your oncologist for a referral to the LIFE Program—or call (847) 926-5818 with questions.

Learn more at endeavorhealth.org/services/cancer-institute/support-survivorship

