

Please note that details on these events are printed on the back of this page.

To be included on this calendar or to make corrections, please contact the Cancer Resource Center at 1-877-824-0660

Calendar of Events for Cancer Patients and Their Families

Compiled by the University of Chicago Cancer Resource Center

The Cancer Resource Center is a Partnership of The University of Chicago Cancer Research center

For information or to schedule an appointment:
1-877-824-0660
mherbert@bsd.uchicago.edu

Drop-ins always welcome!



July 2009

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|--|--|---|--|---|
| | | | 1 -Community Fitness -Gilda's Club Activity -PNS Awareness Booth | 2 -Courage to Quit | 3 -Community Fitness | 4 |
| 5 | 6 -Community Fitness -Look Good...Feel Better -Women's Cancer Support Group | 7 -Facing the Mirror -PNS Awareness Booth -Courage to Quit | 8 -Community Fitness -Gilda's Club Activity -PNS Awareness Booth -Lung Cancer Networking Lunch | 9 -PNS Awareness Booth -Courage to Quit | 10 -Community Fitness -PNS Awareness Booth | 11 |
| 12 | 13 -Community Fitness - Women's Cancer Support Group | 14 -Facing the Mirror -Courage to Quit | 15 -Community Fitness -Gilda's Club Activity -Prostate Cancer Support Group (Weiss) | 16 -Courage to Quit | 17 -Community Fitness | 18 -Y-ME Breast Cancer Support Group |
| 19 | 20 -Community Fitness - Women's Cancer Support Group (Weiss) | 21 -Facing the Mirror Courage to Quit | 22 -Community Fitness -Gilda's Club Activity | 23 -Courage to Quit | 24 -Community Fitness | 25 |
| 26 | 27 -Community Fitness - Women's Cancer Support Group | 28 -Facing the Mirror -Courage to Quit -Head and Neck Cancer Networking Group | 29 -Community Fitness -Gilda's Club Activity | 30 -Courage to Quit | 31 -Community Fitness |  |

Community Fitness Program

Program Date and Time: Mondays, Wednesdays & Fridays, 7-9 a.m.

Program Location: Museum of Science and Industry

Program Contact: Chartay Robinson, Office of Community Affairs

Phone: 773-702-5600 RSVP: Yes Audience: Open to all

Description: A year-round walking program. Nurses are available to check blood pressure. Other health professionals often come to speak on various health topics.

Facing the Mirror with Cancer

Program Date and Time: Every Tuesday or by private appointment

Program Location: DCAM Wellness Room in Radiation Oncology, 1D

Program Contact: Lori Ovitz, author of *Facing the Mirror with Cancer*

Phone: 312-550-8485 RSVP: Yes Audience: Cancer patients (male & female)

Description: A make-up program to teach cancer patients how to overcome visual side effects. Please call to set-up a complementary appointment in advance.

Y-ME Breast Cancer Group

Program Date and Time: Every 3rd Thursday, 10:30-noon

Program Location: DCAM room #1402

Program Contact: Peggy Williams

Phone: 773-702-6730 RSVP: Yes

Audience: Women with breast cancer.

Lung Cancer Networking Lunch

Program Date and Time: Every second Wednesday of the month, 12:00 noon

Program Location: Radiation 1D

Program Contact: Cancer Resource Center

Phone: 877-824-0660 RSVP: Preferred

Audience: People diagnosed with lung cancer

Description: An opportunity to share information and experiences with others diagnosed with lung cancer.

Lunch will be provided***

Women's Cancer Support Group

Program Date and Time: Every second and third Monday, 10:30 am– 12 noon

Program Location: Please call for location

Program Contact: Peggy Williams @ 773-702-6730 or the Cancer Resource Center @ 877-824-0660

Audience: Women in cancer treatment RSVP: Yes

Description: A support group for women with cancer for sharing common concerns and experiences.

Patient Navigation Services (PNS) Awareness Booth

Program Date and Time: Every second week of the month 10 a.m.-4 p.m.

Program Location: DCAM Lobby

Program Contact: Cancer Resource Center

Phone: 1-877-824-0660 RSVP: No Audience: Open to all

Description: An information booth dedicated to providing cancer awareness materials.

Women's Cancer Support Group

Program Date and Time: First and third Monday of the month, 2008 1:30-3:00

Program Location: Weiss Memorial Hospital

Program Contact: Peggy Williams

Phone: 773-702-6730 RSVP: Yes

Audience: Women with cancer.

Description: A support group for people with cancer for sharing common concerns and experiences.

Gilda's Club Chicago

Program Date and Time: Wednesdays 11-2 pm

Program Location: 4th floor Atrium (DCAM building, North end)

Program Contact: Kathleen Boss 312-464-9900

Audience: Friends and family members of people with cancer

Description: 11-12pm – Weekly Workshops, 12-1 Gilda's Club Orientation, 1-2 pm- Networking Group

Look Good...Feel Better®

Program Date and Time: Every 1st Monday of the month

Program Location: DCAM 1st Floor, Room #1402

Program Contact: Cancer Resource Center at 1-877-824-0660 to reserve a spot

RSVP: Required

Audience: Women in cancer treatment

Description: A program to help women counteract the visible side effects of radiation and chemotherapy.

Sponsored by the American Cancer Society.

Us Too– Prostate Cancer Support Group

Program Date and Time: Every third Wednesday of the month 10-11:30

Program Location: Weiss Memorial Hospital

Program Contact: Nora Ausriene at 1-800-503-1234

RSVP: Required

Audience: Men being treated for prostate cancer

Description: A support group for men with prostate cancer for sharing common concerns and experiences

Head and Neck Cancer Networking Group

Program Date and Time: Every fourth Tuesday of the month

Program Location: DCAM #1402

Program Contact: Cancer Resource Center 877-824-0660

RSVP: Preferred

Audience: Men, woman and caregivers affected by head and neck cancer

Description: A networking group for men, women, and caregivers affected by head and neck cancer for sharing common concerns and experiences

Courage to Quit – Respiratory Health Association

Program Date and Time: On-going, call for days and times.

Program Location: Respiratory Health Association (1440 West Washington Blvd)

Phone: 312-243-2000

Description: Behavioral counseling sessions for tobacco users who desire to quit.

Courage to Quit

Program Date and Time: Tues 12:30-7; Thurs, Fri 10-1

Program Location: University of Chicago and the Respiratory Health Association

Program Contact: Dr. April Jones

Phone: 773-834-5381

Audience: Tobacco users who desire to quit

Description: Participants receive six individual one on one behavioral counseling sessions with a trained therapist.

These services will cost \$25, refundable upon completion of the program.