



HOPE & HEALING

A guide to helping survivors navigate through their journey

**NORTHSIDE
HOSPITAL**

CANCER INSTITUTE

BUILT TO BEAT CANCER

Visit us at builttobeatcancer.com

Summer 2026 Issue

Northside Hospital Cancer Institute Call Center: [404-531-4444](tel:404-531-4444)



Northside Hospital Cancer Institute to Host Fifth Annual Patient and Care Partner Education Conference Focusing on The Power of Your Story

The fifth annual Northside Hospital Cancer Institute (NHCI) Patient and Care Partner Education Conference will take place on Saturday, Sept. 12, 2026, from 9 a.m. to 2:30 p.m. at The Hotel at Avalon in Alpharetta. The theme of the 2026 conference is "The Power of Your Story," and the conference will bring together patients, care partners and healthcare professionals to explore how storytelling adds to the understanding of experiences, strengthens relationships and improves care. Throughout the day, attendees will examine how personal stories shape the cancer experience and discover opportunities for healing, connection and empowerment.

Topics listed below include presentations by Northside-affiliated providers and external experts, Neisha D.K. Russell, GC-C, GCCA, MA Ed, and Mashaun D. Simon, MDiv, Dmin. Additionally, there will be an interactive patient and care partner discussion panel. Each attendee will receive a conference booklet with meeting materials, including a journal and pen that can be used to prepare for writing the next chapter of their story.

(continued on page 2)

IN THIS ISSUE

ASK AN EXPERT

p2 Decreasing the Risk of Blood Clots
By: Anumeha Whisenhunt, DO

BOOST YOUR HEALTH & WELLNESS

p3 GLP-1 Medications: Focusing on Facts for Patients and Survivors
By: Savannah Duffy, MS, RDN, CSO, LD

p4 Recipe Corner: Summer Tropical Protein Smoothie

STORIES OF HOPE & HEALING

p4 Survivor/Thrivor Story: Meet Steven

COMMUNITY SUPPORT & RESOURCES

p5 NHCI Partner Spotlight: Northside Hospital Foundation

p6 Finding Calm During the Cancer Journey: Stress Management Classes at Cancer Support Community Atlanta
By Christy Andrews, executive director, Cancer Support Community Atlanta

EVENTS & CANCER CELEBRATIONS

p7 Cancer Screening & Prevention

p8 Community Events

p8 CSC Atlanta Events

p8 Northside Hospital Foundation Events

p8 Northside-Hosted Survivor Events

Confirmed presentations include:

• Everyone Has a Story

The first presentation of the day will focus on behavioral and emotional aspects of storytelling. Led by Sarah Peck, LCSW of Northside, this session will allow participants to reflect on the unique experiences that define their cancer journey and learn how sharing those experiences can foster understanding and support.

• We Are Supporting Characters in Your Story

Hear a physician's perspective on the patient story, presented by Dr. Malini Sur, medical director of the Atlanta Liver and Pancreas Surgical Specialists, with an emphasis on the supporting role healthcare providers play in each patient's story.

• Feeding Your Story

Licensed dietitian, Ashley Van Cise, RDN, LD, will present on how nutrition can help patients maintain strength and well-being throughout treatment and beyond.

• Redactions to Your Story—How to Talk About Things You're Afraid to Say

During this presentation from the Northside Navigation team, attendees will gain tools and confidence to discuss difficult topics, express concerns and deepen conversations with loved ones and care teams.

• Strength Through Connection: Writing Your Next Chapter

This powerful session will help patients work on creating a path forward beyond the challenges of cancer, while also building resilience.

• The Stories That Carry Us: Finding Strength, Meaning and Hope Through the Cancer Journey

To conclude the conference, this presentation will inspire attendees to draw from their experiences, relationships and values as sources of purpose and hope.



NHCI Fifth Annual Patient and Care Partner Education Conference *(continued from page 1)*

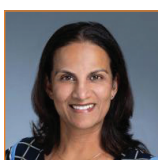
All attendees are encouraged to explore the space during the conference and to:

- Take advantage of the complimentary chair massages.
- Visit the Community Resource Area to learn more about community support organizations and services offered by Northside, including behavioral health, nutrition, physical therapy, rehabilitation.
- Stop by the registration table with any questions!

Breakfast, lunch and snacks will be served, and each participant will have the opportunity to enter a raffle for giveaways!

Registration and parking are both free of charge.

For additional details on the conference or to register, please visit northside.com/patientandcarepartner.

Highlights from last year's conference**ASK AN EXPERT****Decreasing the Risk of Blood Clots**

By: Anumeha Whisenhunt, DO

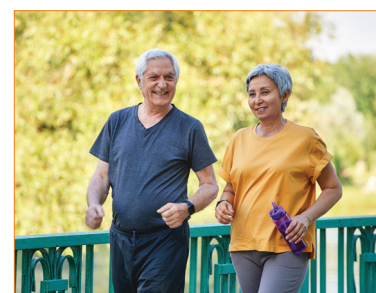
Is there a specific type of cancer or treatment plan that puts a patient at a higher risk for blood clots?

Yes, pancreatic cancer has the highest risk of venous thromboembolism (VTE), which is when dangerous blood clots form in the veins. Patients with metastatic disease, high tumor burden and mucin producing adenocarcinomas also carry increased risk.

Treatments such as chemotherapy, immunomodulatory drugs, hormonal therapies and anti-angiogenic agents can add to a patient's risk as well. Additionally, placement of a port, having surgery, immobility, elevated platelets and white blood cells, steroid use in some cases, low hemoglobin and a history of VTE can all increase a patient's risk. There are tools like the Khurana score that can help predict a patient's risk for VTE as well.

What exercises or habits should patients build into their daily routine to help maintain blood flow?

- Walk frequently and perform calf pump exercises when immobile (ankle pumps, heel raises and toe raises) to engage the calf muscles (which are the "second heart") and pump blood back towards the heart. Avoid prolonged sitting, if possible.
- Eat well to maintain a healthy weight and stay hydrated by drinking plenty of water.
- Use compression socks if there is a known history of deep vein thrombosis or if mobility is limited.



(continued on page 3)

Decreasing the Risk of Blood Clots *(continued from page 2)*

What specific warning signs of a blood clot should patients watch for, and what action should they take if they notice them?

Typical symptoms include new swelling with pain, warmth and skin color changes. A severe clot can change skin color to blue and is considered an emergency. Additionally, shortness of breath and sharp chest pain can happen if/when the blood clot travels to the lungs. If feeling faint or dizzy, seek immediate medical attention as these can be signs of a pulmonary embolism.

Should patients take a preventative blood thinner or use compression socks during treatment?

Not all patients need to take blood thinners. Treatment should be individualized to those with high-risk cancers, especially those who are hospitalized specifically after major surgery.

Compression socks are not usually part of the treatment protocol, but they may be helpful for patients with edema and chronic venous insufficiency or for patients who are traveling post-surgery. It should be noted that they are not a replacement for blood thinners.

If patients have a port or a PICC (peripherally inserted central catheter) line put in, does that change their risk, and if so, how should they care for it safely?

Yes, these venous access devices increase the risk of blood clots, particularly in the upper arm veins. The peripheral lines carry a higher risk than ports because they are in smaller arm veins and involve a longer segment of veins and disrupt blood flow around the catheter. Ports are in larger central veins and tend not to interfere as much with venous flow around the catheter. If there is active and/or aggressive cancer, both devices carry an elevated risk of venous thromboembolism. It is imperative to keep the catheter and port sites clean as well as maintain hydration to ensure lines are flushed.

Patients should look out for arm or neck swelling with pain around the catheter and tightness in the arm. For ports, patients should be aware of chest pain, facial swelling and headaches. If any of these symptoms occur, seek immediate medical attention.

Are there any safe travel guidelines patients or survivors need to follow for a long car ride or a flight?

Patients with active cancer should exercise precautions of frequent movement, calf pump exercises, maintaining hydration and wearing compression socks during a long care ride or flight. Survivors who have completed treatment can benefit from these habits as well.

**BOOST YOUR HEALTH & WELLNESS****GLP-1 Medications: Focusing on the Facts for Patients and Survivors**

By: Savannah Duffy, MS, RDN, CSO, LD

Maintaining a healthy body weight is a great way to reduce your risk of an initial cancer diagnosis and/or recurrence. In fact, research has shown that excess body weight and obesity are clearly linked to worsened cancer outcomes.¹ Because of this, many survivors are turning to the use of GLP-1 medications to help manage their body weight. While GLP-1s can be a great tool, there are several key guidelines you should follow to ensure that these medications are used safely.

1. Consult with your healthcare team first

Run the idea of starting a weight loss medication by your oncologist and dietitian to make sure it is a good fit. If you are already undereating or have a recent malnutrition diagnosis, it may not be beneficial. Other health conditions, such as gastroparesis, may also prohibit you from taking the drug. Instead of choosing an off-label brand, it is important for survivors to take prescribed medications under the supervision of their physician.

2. Avoid skipping meals

GLP-1s cause decreased appetite. This can make it tempting to skip meals. However, skipping meals can lead to fatigue, micronutrient deficiencies and low blood sugar. If eating three meals feels like too much food, consider switching to a meal pattern of four to six small, frequent meals daily.

3. Prioritize protein

Muscle loss is a common side effect of both cancer treatment and GLP-1 use. To prevent muscle loss, aim to have a protein source at every meal. Lean proteins like chicken, turkey and fish as well as eggs and dairy are great animal-based options. Plant-based proteins can include nuts, seeds, legumes and whole soy foods. Consider protein shakes or powders, if needed.

4. Incorporate whole, plant foods

Plant foods provide fiber, vitamins and phytonutrients that are important for overall health and preventing



(continued on page 4)

GLP-1 Medications: *(continued from page 3)*

cancer recurrence. Aim for a variety of colorful plant foods throughout the day.

5. Stay hydrated

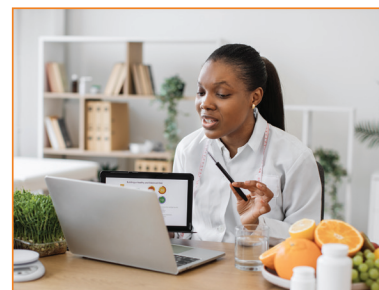
GLP-1s can decrease thirst in addition to hunger. Make sure you drink enough hydrating fluids all day long. Water, coconut water, low-fat milk and decaffeinated herbal teas are great options. Caffeine, sugary beverages and alcohol should be consumed in moderation, if at all.

6. Work with a registered dietitian

A dietitian can help manage any nuances between your weight loss journey and cancer journey. They can advise exact nutrient and hydration needs, suggest appropriate supplements and help manage any side effects that occur.

Ask your oncologist or primary care physician if they have a dietitian on their team to whom you can be referred!

To learn more about the Northside Hospital Oncology Nutrition Program call 404-236-8036 or visit northside.com/services/nutrition-services.

**References:**

1. Excess body weight and cancer risk (2025). [Cancer.org](https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/body-weight-and-cancer-risk). Accessed on May 29th, 2025 from <https://www.cancer.org/cancer/risk-prevention/diet-physical-activity/body-weight-and-cancer-risk>

Recipe Corner***Summer Tropical Protein Smoothie:****Ingredients**

- 1/3 cup pineapple or mango (fresh or frozen)
- 1/2 banana
- 1 cup of spinach
- 1/2 cup frozen cauliflower
- 1 cup (or more per thickness preferences) or low-fat milk or coconut water
- 1 serving of vanilla-flavored protein powder

Directions:

1. Add all ingredient to a blender and mix well.
2. Pour into a glass and enjoy!



*Recipe credit: Savannah Duffy, MS, RDN, CSO, LD

**STORIES OF HOPE & HEALING*****Survivor Story: Meet Steven****What were the events that led up to your cancer diagnosis?**

I had been dealing with ongoing health issues related to Crohn's disease, so initially it was difficult to separate new symptoms from existing gastrointestinal (GI) issues. Additional testing and imaging revealed that something more serious was going on, which ultimately led to my diagnosis of stage three pure seminoma testicular cancer with nodal involvement, mostly in the retroperoneal lymph nodes.

Hearing the word "cancer" immediately created a sense of fear and uncertainty. In the beginning, my mind went straight to the worst-case scenario. Over time, I realized that educating myself and understanding what was happening medically helped reduce a lot of that fear and allowed me to approach treatment with a more focused and practical mindset.

What treatment did you receive?

I underwent four cycles of EP chemotherapy (Etoposide and Cisplatin). Because I have Crohn's Disease and a prior smoking history, there were important treatment considerations and discussions with my oncology team

regarding the safest and most appropriate treatment plan for me.

One of the main things I learned during treatment was how important it is to become an informed participant in your care. I spent a great deal of time learning about my labs, imaging, nutrition, hydration, symptom tracking and treatment side effects, so I could communicate effectively with my doctors and stay proactive throughout the process.

How and where did you receive support during your treatment and recovery?

My support came from several places, including family, friends, my medical team, my faith and the relationships I built during treatment.

One organization that made a tremendous difference for me and came into my life at the right time was How to Help Charities. During one of the hardest seasons of my survivor journey, they showed up with real support,



(continued on page 5)

Survivor Story: Meet Steven *(continued from page 4)*

encouragement and financial help when I needed it most. Their support reminded me that I was not alone and that there are people and organizations willing to stand beside survivors as they rebuild. That kind of help matters more than words can fully explain. It gave me strength, hope and room to keep moving forward.

Another unexpected source of support came from helping others during my own treatments. I made it a point to encourage people who were scared or struggling, and I often prayed with other patients and families. That gave me purpose during treatment and helped me maintain a positive mindset.

Did you utilize patient support resources at NHCI? If so, which would you recommend?

One of the most valuable resources for me was working with a Northside Hospital oncology dietitian. After losing a significant amount of weight early on in treatment, nutrition became a major focus for me. Learning how to properly manage calories, protein, hydration and electrolytes helped me stabilize my weight and tolerate treatment much better than I initially expected. I would strongly encourage patients to take advantage of nutritional support services early rather than waiting until problems develop.

I also found tremendous value in the compassion and encouragement from the nursing staff and infusion teams at Northside throughout treatment.

What advice do you have for someone navigating their own treatment and recovery journey?

First, don't panic. Cancer treatment can feel overwhelming at the beginning, but knowledge and preparation can help restore a sense of control.

I would encourage patients to educate themselves, ask questions, stay engaged in their care and communicate openly with their doctors. I found technology and AI tools helpful for organizing information, tracking symptoms and preparing thoughtful questions for my doctors.

I would also advise others not to underestimate the importance of mindset. Staying positive is not about denying reality; it is about choosing how you respond to it. Taking care of your mind, body and spirit together makes a tremendous difference.

And finally, accept support when you need it. Nobody should go through cancer alone.

How far out are you from treatment or is treatment ongoing?

I completed my fourth and final chemotherapy cycle on April 3, 2026, and am currently in the recovery phase. Recovery has involved some additional challenges related to inflammation and Crohn's disease, including a recent hospitalization, so I am continuing to focus on rebuilding strength, stabilizing my GI health and regaining balance physically and mentally.

Closing Thoughts.

One of the major lessons I learned through this experience is that even during some of the hardest moments of your life, you can still impact others in a positive way. I tried to approach every treatment with gratitude, positivity and faith, even on difficult days. Over time, I realized that mindset affects not only you, but also the people around you, other patients, care partners, nurses and family members.

Cancer changed my perspective in many ways, but it also reinforced the importance of purpose, compassion, faith and helping others whenever possible.

*Patients' stories are based on individual experiences. The process from diagnosis through treatment may vary as well as symptoms, side effects and provider recommendations.



COMMUNITY SUPPORT & CONNECTIONS

NHCI Partner Spotlight: [Northside Hospital Foundation](#)

Purpose of the organization

Northside Hospital Foundation helps provide practical support and compassionate resources that allow patients to remain focused on treatment, healing and hope. This philanthropic support helps remove barriers to care and expands access to critical services throughout the communities Northside serves.

Who the foundation serves

The foundation serves a diverse population of patients and families across the communities throughout the Atlanta region, including individuals facing cancer diagnoses.

Particular focus is placed on supporting vulnerable patients and families who may face financial, transportation or access-related barriers to care.

Resources the foundation provides to patients, survivors and care partners

The foundation helps fund a wide range of supportive resources for patients, survivors and care partners. This includes transportation assistance for patients traveling to appointments and treatment, as well as lodging assistance for bone marrow transplant and leukemia patients and families who must remain close to care for extended periods.

(continued on page 6)

NHCI Partner Spotlight *(continued from page 5)*

The foundation also supports access to early detection services through Northside's mobile mammography program and radiology centers, which provide free screening mammograms for uninsured women in our community.

Outreach programs the foundation sponsors

The foundation organizes and supports fundraising and awareness events throughout the year that help advance patient care programs and community health initiatives, including events supporting cancer care.

Specifically, foundation funding helps support patient assistance programs, survivorship initiatives, advanced technology, research, education and services that address the physical, emotional and financial challenges of a cancer diagnosis. Over the past year, foundation-supported programs helped provide more than 1,200 rides for cancer patients and more than 753 nights of lodging assistance during treatment.

Volunteer opportunities the foundation offers and how to get involved

The foundation offers a variety of opportunities for individuals, community groups, corporate partners, employees and donors to make a meaningful impact on patients and families across the Northside system.

Some opportunities may include assisting with fundraising events, participating in community outreach activities, supporting patient-centered programs or assembling patient care packages. To learn more about volunteering, supporting foundation programs or getting involved, visit the Northside Hospital Foundation's website at give.northside.com.

Partnership between the foundation and Northside Hospital Cancer Institute

The foundation is proud to partner with the Northside Hospital Cancer Institute to directly impact patients and families throughout their cancer journeys.

Each year, the foundation creates a deeply meaningful and uplifting celebration at an Atlanta Braves game for survivors, their families and care partners. In a powerful pre-game moment, survivors walk the field surrounded by support and applause—an unforgettable tribute to their strength, resilience and courage. This special experience also provides an opportunity for reflection and remembrance, honoring the lives and legacies of loved ones who are no longer with us while celebrating the hope, strength and healing found in community.

Together, the cancer institute and the foundation remain committed to providing compassionate, community-focused care and support throughout treatment, recovery and survivorship.

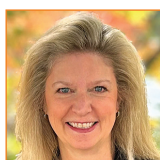
Financial Year 2025 Community Impact

1,200+      
Rides to treatment for cancer patients

753+       
Nights of lodging for bone marrow transplant & leukemia patients

2,700+ 
Screening mammograms for uninsured women

18,000+ 
Hours volunteered in the community by Northside employees and their families

**Finding Calm During the Cancer Journey: Stress Management Classes at Cancer Support Community Atlanta**

By Christy Andrews, executive director, Cancer Support Community Atlanta

A cancer diagnosis affects far more than the body. The emotional impact of treatment, recovery and survivorship can bring stress, anxiety, fatigue and uncertainty that often continue long after treatment ends. Research has shown that stress-reduction practices can help improve emotional well-being, enhance sleep, decrease anxiety, increase energy and promote an overall sense of balance and resilience.

Cancer Support Community Atlanta (CSC Atlanta) offers a variety of free stress management classes designed to help participants relax, reconnect with their bodies and develop healthy coping skills in a welcoming and supportive environment. To make these programs accessible to as many people as possible, all classes are offered both in person and virtually, allowing participants to join from wherever they are most comfortable.

(continued on page 7)

Do you have a question you would like answered by an expert or a story to share in a future issue of Hope & Healing? If so, please send your questions or stories to survivornewsletter@northside.com.

Finding Calm During the Cancer Journey (continued from page 6)

Stress Management Classes



Chair Yoga: A gentle form of yoga that uses a chair for seated or supported poses, making the physical, mental and emotional benefits of yoga accessible to people of all ages, fitness levels and abilities.

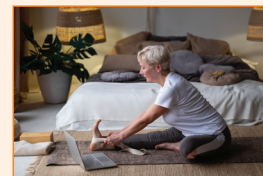
Gentle Yoga: A slow-paced, low-impact yoga practice that emphasizes relaxation, flexibility and mindful movement. This class is ideal for individuals with physical limitations, those recovering from treatment or anyone seeking a gentle approach to wellness.

Guided Meditation: A mindfulness practice led by an experienced facilitator using relaxation, breathing and visualization techniques to help calm the body, focus the mind and reduce stress.

Morning Stretch: Energy-boosting movements performed both seated and standing to gently warm up the body while emphasizing breathing and mindful movement to start the day.

Virtual Tai Chi & Qigong: A gentle, flowing practice that combines mindful movement with deep breathing to boost energy, improve balance and reduce stress.

Yin Yoga: A slow, meditative style of yoga that features long-held, passive postures to stretch deep connective tissues while cultivating inner calm, relaxation and mindfulness.



Whether newly diagnosed, in active treatment or navigating life after cancer, these classes provide opportunities to reduce stress, restore energy and support overall well-being. All stress management classes at CSC Atlanta are offered free of charge, both in person

and virtually. They are designed for patients, survivors, care partners and loved ones.

For more information or to sign up for a class visit CSC Atlanta online at cscatlanta.org and click "Programs" at the top of the page.



EVENTS & CANCER CELEBRATIONS

CANCER SCREENING & PREVENTION

Prostate & Skin Cancer Screening

Aug. 20, 2026 @ Atlanta Cancer Care in Conyers from 5:30–8 p.m.

For more information, please visit northside.com/community-wellness/health-screenings.

Built To Quit—Smoking and Tobacco Cessation Course

Next six-week session start date: Sept. 15, 2026

Our **Built To Quit** courses are led by a trained smoking and tobacco cessation facilitator.

Behavioral therapists, nutritionists and respiratory therapists visit the group to provide added smoking and tobacco cessation support and guidance. Weekly classes are led by a trained smoking and tobacco cessation facilitator. Classes are available during afternoon and evening hours as well as remotely. Participants will receive nicotine replacement therapy (if qualified) and a participant's workbook. Lunch/dinner is provided for on-site classes.

For more information, please visit northside.com/community-wellness/built-to-quit, call [404-780-7653](tel:404-780-7653) or email smokingcessation@northside.com.

National Lung Cancer Screening Day

Nov. 14, 2026 @ Northside imaging locations in Holly Springs, Atlanta, Cumming and Lawrenceville.

Northside is partnering with the American Cancer Society National Lung Cancer Roundtable, American College of Radiology, Radiology Health Equity Coalition and U.S. Department of Veterans Affairs to raise awareness about lung cancer screening and offer low-dose CT (LDCT) lung screening on a Saturday.

A physician order is required. Call [404-531-4626](tel:404-531-4626) to schedule an appointment.



Summer Cancer Awareness Months

July: Sarcoma and Bone Cancer • **August:** Appendix Cancer

September: Blood Cancer, Leukemia & Lymphoma, Prostate Cancer, Gynecologic Cancer and Thyroid Cancer

COMMUNITY EVENTS

NHCI Sponsored Cancer Walk/Events

[Southeastern Brain Tumor Foundation Race for Research](#)

Sept. 19, 2026, at 7:45 a.m. @ Atlantic Station in Atlanta

[Georgia Ovarian Cancer Alliance Teal Trot 5K Walk & Run](#)

Sept. 19, 2026, at 9:30 a.m. @ Chastain Park in Atlanta

[Georgia 2-Day Walk for Breast Cancer](#)

Oct. 3, 2026, at 7 a.m.– Oct. 4, 2026 at noon, starts @ Atlanta Marriott Marquis

[Blood Cancer United Light the Night](#)

Oct. 3, 2026, at 5:30–9 p.m. @ Piedmont Park in Atlanta

[ZERO Prostate Cancer Run/Walk Atlanta](#)

Oct. 17, 2026, at 7:30 a.m. @ Piedmont Park Promenade in Atlanta

[2026 Komen Greater Atlanta Race for the Cure](#)

Oct. 17, 2026, at 8:30 a.m. @ Lenox Square in Atlanta

[Blood Cancer United Southern Blood Cancer Conference](#)

Oct. 24, 2026, @ the Loews Atlanta Hotel



GEORGIA
2-DAY WALK
FOR BREAST CANCER

Blood Cancer
United
Light The Night

ZERO
PROSTATE CANCER
RUN/WALK

susan G. komen
race
FOR THE cure.

Blood Cancer
United

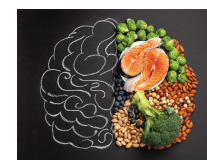
CANCER SUPPORT COMMUNITY ATLANTA EVENTS

[Nutrition Seminar: Nourishing Your Brain for Cognitive Health and Longevity](#) (Virtual)

Aug. 18, 2026, from noon–1 p.m.

[Cooking Demonstration: Build a Better Sandwich](#) (Virtual)

Aug. 27, 2026, from noon–1:30 p.m.



NORTHSIDE HOSPITAL FOUNDATION EVENTS

[Tennis & Pickleball Against Breast Cancer](#)

Benefiting Northside Hospital's Breast Care Program at various locations:

Oct. 2, 2026, @ Atlanta Athletic Club

Oct. 9, 2026, @ Forsyth Conference Center

Oct. 16, 2026, @ Cherokee Conference Center

Oct. 23, 2026, @ Atlanta Athletic Club

For more information please visit give.northside.com/events/tabc/.[Northside Hospital Paint Gwinnett Pink 5K Walk/Run for Breast Cancer](#)

Oct. 17, 2026, at 8 a.m. @ Gas South District in Duluth

[Northside Hospital Sarcoma Strong Run/Walk 5K](#)

Nov. 7, 2026, at 8 a.m. @ Chastain Park in Atlanta



NORTHSIDE-HOSTED SURVIVOR EVENTS

NHCI 2026 Patient & Care Partner Education Conference

Sept. 12, 2026, @ The Hotel at Avalon in Alpharetta

Registration is now open! Please visit northside.com/patientandcarepartner to register.

Metastatic Breast Cancer (MBC) Retreat

Sept. 18–20, 2026

This is a weekend retreat facilitated by a clinical oncology social worker and oncology nurse.

Registration is offered at no cost to MBC patients and their care partner.

Please contact kymberly.duncan@northside.com with any questions.

SIGN UP-SURVIVORSHIP NEWSLETTER SUBSCRIPTION

Follow Northside Hospital:



ACCESS PAST EDITIONS OF HOPE & HEALING