

HOPE & HEALING

A guide to helping survivors navigate through their journey

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Spring 2025 Issue

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

**NORTHSIDE
HOSPITAL**

CANCER INSTITUTE

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Toxic Positivity: Achieving Balance for Improved Well-Being

By: Christina Austin-Valere, PhD, LCSW

Toxic positivity is the belief that people should maintain a positive mindset even in the face of difficult situations. It is the overexpression of positive thinking to the degree of denying any negative thoughts in others or ourselves. Many individuals who face cancer are told to "look on the bright side of things." While positive thinking is beneficial for mental health, having the right balance is important for overall emotional well-being.

An individual can learn the behavior of displaying positive emotions — when in fact their true feelings are the opposite — during their formative years within their family of origin or from friends. Additionally, there is often social pressure to show a facade of being happy. Learning how to balance emotions instead of practicing extreme or toxic positivity and denying negative feelings is a way to remain authentic to our emotions and connected to our true selves.

Authenticity incorporates exercising a positive perspective to help power through difficult times, while acknowledging that when times are harder it is okay express those feelings of anger, frustration and sadness without fear of judgment or guilt. To achieve the desired balance for improved well-being and to express your authentic feelings, try some of the tips below:

- Take the time to recognize and identify your emotions instead of trying to simply fix things.
- Be realistic with yourself and others.
- Try to find meaning in the situation, if you are emotionally ready to do so.
- Share your authentic feelings with a trusted friend or relative.
- Identify those who support you without toxic positivity to include in your support system.
- Determine where the expectation to overexpress positivity comes from — internal or external?
- Reduce your exposure to toxic positivity stimuli (social media platforms that promote only expressions of positivity, others who use positive ideology for everything, etc.).

In closing, it is important to remember that it is okay to be not okay sometimes. Try to be in touch with your feelings and work at balancing those feelings to better express them in an authentic and appropriate manner, whether in the position of giver or receiver. For additional support, please contact Northside Hospital Behavioral Health Services at [404-851-8960](tel:404-851-8960) or behavioralhealthservices@northside.com.

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7 Signs of Toxic Positivity

- 1** Hiding or masking your feelings.
- 2** Dismissing or suppressing an emotion.
- 3** Feeling guilty for feeling a certain way.
- 4** Using feel-good statements for negative feelings or experiences.
- 5** Giving perspective instead of validation.
- 6** Shaming others or yourself for feeling negatively.
- 7** Saying things like "just be happy" or "choose happiness."

Graphic adapted from: hopefulpanda.com/toxic-positivity/

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northside.com/hope-healing-sign-up





BOOST YOUR HEALTH & WELLNESS



Alcohol and Cancer Recurrence

By: MaryParker Forbus, MS, RD, CSO, LD

Limiting alcohol consumption is an important factor in the healthy lifestyle changes you can make to help decrease the chances of cancer recurrence. According to the American Institute for Cancer Research, there is strong evidence that alcohol consumption increases your risk of at least seven cancer types, including breast, colorectal, esophageal, liver, stomach, throat, voice box and oral.

So how does alcohol play a role in the development of cancer? Research has shown that alcohol damages DNA. When broken down by the body, the ethanol in alcohol turns to acetaldehyde, which is toxic to the body. Also, ethanol is a solvent which makes it easier for other carcinogens (substances or agents that cause cancer) to be absorbed by the body. Furthermore, if you drink in excess, then you are more likely to become malnourished due to the choice to consume alcohol versus a well-balanced diet filled with lean protein, fruits, vegetables and whole grains. Finally, the intake of excess alcohol can lead to obesity, a known cancer risk factor. Alcohol and mixers like sodas and juices can add extra calories to the diet, which may also cause weight gain.

While the American Institute for Cancer Research notes that there is no “safe” amount of alcohol that does not increase the risk of at least some cancers, the 2020-2025 Dietary Guidelines for Americans state that “intakes should be limited to one drink or less in a day for women and two drinks or less in a day for men, on days when alcohol is consumed.” One drink is considered to be 12 ounces of beer, 5 ounces of wine or 1.5 ounces of distilled spirits.

For additional questions or concerns, please call [404-236-8036](tel:404-236-8036) to speak with a Northside Hospital registered dietitian.

Resources:

- aicr.org/new/alcohol-and-cancer-risk-the-latest-research/komen.org/breast-cancer/risk-factor/alcohol-consumption/
- hhs.gov/surgeongeneral/reports-and-publications/alcohol-cancer/index.html

Recipe Corner: Ginger Pink Lemonade*

Ingredients (makes four 1-cup servings)

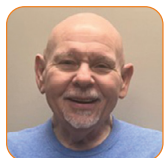
- 2 ½ cups water
- 1 inch piece fresh ginger, peeled
- 2 tablespoons of agave nectar
- ¾ cup sliced raspberries or strawberries (fresh or frozen)
- ¾ cup freshly squeezed lemon juice (about 6 medium lemons)

Directions

- 1) Place water, ginger, agave nectar, berries and lemon juice in the container of a blender.
- 2) Process for a few seconds until smooth.
- 3) Transfer to a pitcher and store in the refrigerator until ready to serve. Serve over ice.

Nutrition information per serving: 50 calories, 0 grams total fat (0 grams saturated fat, 0 grams trans fat), 0 milligrams cholesterol, 13 grams carbohydrates, 0 grams protein, 1 gram dietary fiber, 0 milligrams sodium, 10 grams sugar, 8 grams added sugar.

*Recipe resource: [Ginger Pink Lemonade - American Institute for Cancer Research](#)



How to Live in the Present During Your Cancer Journey

By: Allan Graham

Following a cancer diagnosis, it is normal to become more introspective, reflecting upon the past, those you love and hold dear as well as the future. You learn to live with physical and mental discomfort, as well as daily anxiety, sometimes focusing on just enduring one more treatment.

All of these are totally natural and healthy activities. However, it is easy to forget to reflect upon the present. Below are a few ideas that could help enrich your journey a

bit and encourage exploration of some of the areas you may have thought about but pushed to the bottom of your list.

For the creative person:

- Consider adult coloring books or exploring different genres of artists. Look through old museum or art books from your personal collection. Think about making notes in the books of how the images make you feel and date them.



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How to Live in the Present During Your Cancer Journey *(continued from page 2)*

- Organize old family photos that you never got around to looking through. While doing this, make notes of the friends and family members and how you felt in the scenes depicted.
- Complete a jigsaw puzzle; be sure to start with simpler puzzles that have meaning to you. Crossword puzzles, word searches and word jumbles can be fun as well while keeping you mentally stimulated.

For the business person:

- Take time to learn about the companies, stocks and investments you have always wanted to explore.
- Study past and future business trends, including the biographies of those giants of businesses you have always admired.
- Study real estate investments, options and trends.

**For the traveler:**

- Study geography! Spread out those maps, pin them to the wall and use push pins to show where you have been and where you want to go.
- Think about how you would want to get to those destinations — planes, trains and automobiles. Read books that detail their history, evolution and future.

**For the history buff:**

- Consider studying sociological trends by the decade, war history or biographies of the famous and incredible. What made them famous and why? Historical novels and war stories can be a relaxing indulgence.

**For the foodie:**

- Take some Post-it notes and start marking up those old cookbooks that you have always wanted to read more in depth. If you want to leave a priceless and heartfelt legacy, go through your recipe box, making special notes of when you enjoyed certain dishes and their origins.

**For the techie:**

- Think of that one app you have always felt a little intimidated by, or never had the time to consider. Now is a great time to pick an app or two to focus on, whether you become a master or not.

**For the wild card:**

- Teach yourself something new that will totally surprise your family, friends and even yourself! Learn to play bridge, Canasta, Backgammon, Skip-Bo, Jenga, a new sci-fi action game or appreciate a different generation's music or art. You might have some unexpected fun and become the new "cool" relative.



There are many options available when you stop and consider the blessing of time on your hands. Do not overwhelm yourself, choose activities that stimulate your mind and warm your heart. This is your special time and you get to determine the way you remember the journey!

**ASK AN EXPERT****Financial Toxicity and Cancer Treatment**

By: Cynthia Devroy

What is financial toxicity?

Financial toxicity is a term used to describe problems a patient has related to the cost of health care. Problems may present as not taking oral medications as prescribed or missing treatment or follow-up appointments due to the associated costs. Additionally, financial toxicity can contribute to housing instability or food insecurity.

Who experiences financial toxicity?

According to the Kaiser Family Foundation, about half of the country's adult population states that they find it difficult to afford health care costs. A cancer diagnosis correlates with higher levels of financial toxicity and the majority of

cancer patients in the United States report some level of financial toxicity.

What can be done about financial toxicity?

Provider teams can help to reduce financial toxicity by assessing a patient's level of financial distress through proactive screening and by presenting useful cost information and resources. Useful cost information goes beyond providing complete and transparent costs for a specific drug or treatment. While that transparency is fundamental, providers may also discuss a patient's possible loss of income and/or health insurance coverage or lack thereof due to their illness. It may include discussing

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Financial Toxicity and Cancer Treatment *(continued from page 3)*

outstanding debt the patient may have within the health care system as well as talking about transportation or lodging costs associated with frequent health care visits. Additionally, providers may ask about any concerns regarding paying for housing or food.

What resources are available to assist with financial toxicity?

Patients can ask to speak with someone regarding financial concerns, including patient financial advisors, financial specialists, financial counselors, social workers, nurse navigators and cancer care liaisons. Support groups and disease foundations compile a lot of information that can be excellent resources too. In some cases, a patient may want to include a trusted partner or family member in their financial discussion, particularly when they are feeling overwhelmed. Tapping into a support network or community for assistance with the logistics of daily life or activities like fundraising can also be effective.

It is important to remember that each person's journey is different, complex and can change over time. There are programs that may be available to offset some treatment

or specific drug costs. Other programs provide funding to assist with insurance premiums as well as funding for transportation or lodging expenses. To speak with a Northside Hospital Cancer Institute oncology navigator about concerns regarding accessing treatment, please call [404-300-2800](tel:404-300-2800).

Resources:

- kff.org/health-costs/issue-brief/americans-challenges-with-health-care-costs/
- northside.com/services/cancer-institute/support-and-survivorship/oncology-patient-navigation

**STORIES OF HOPE & HEALING*****Survivor/Thrivers Story: Meet Natalie****What are the events that led up to your cancer diagnosis?**

Before my cancer diagnosis, I had suffered from uterine fibroids for years. The fibroids caused miscarriages, a distended abdomen and excruciating periods with extremely heavy bleeding. When it came to the point that the fibroids

were impacting everyday life (missing work and events), I went to my gynecologist to consult with her about a hysterectomy. She then ordered a complete blood count (CBC) to determine whether the heavy bleeding had led to anemia (low red blood counts), which would further justify a hysterectomy. What we found, along with anemia, was an extremely high white blood count. She recommended that I contact my primary care physician, who ordered a repeat CBC, and when the white blood count came back still elevated, she referred me to [Dr. H. Kent Holland](#) at [The Blood & Marrow Transplant Group of Georgia](#). Within a few weeks of these tests and a bone marrow biopsy, I was diagnosed with acute lymphoblastic leukemia (ALL).

What treatment did you receive?

Within hours of my diagnosis, I was admitted to Northside Hospital's Bone Marrow Transplant (BMT) Unit for three weeks to begin my treatment. The first step in my

treatment was several phases of Hyper-CVAD, a high-dose chemotherapy regimen specifically designed to fight aggressive blood cancers like ALL. Over four months, this intensive treatment worked to eliminate the leukemia cells in my body. Because the treatment is so aggressive, it requires either hospitalization or daily monitoring in the BMT clinic for the entire duration of treatment, which meant I could not work. I also had to stay out of all public spaces due to my severely weakened immune system.

Once I completed Hyper-CVAD, I underwent a stem cell transplant using my brother as the donor. Because we were a 100% match, we had high hopes for success. Before the transplant, I went through a process called conditioning, which is preparation for receiving donor stem cells. This involved a week of high-dose chemotherapy combined with twice-daily full-body radiation treatments to clear out my bone marrow and make space for the new, healthy cells to grow.

Unfortunately, within the first 100 days following my transplant, I developed a secondary cancer: acute myeloid leukemia (AML). This is a rare but serious complication, and my doctors quickly pivoted to a new treatment plan. I began another intensive chemotherapy regimen, which combined multiple chemotherapy drugs and pegaspargase to target AML. After three months of this treatment, I underwent a second stem cell transplant.

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Survivor/Thrivers Story: Meet Natalie *(continued from page 4)*

This time, the transplant was a haploidentical transplant, or haplo transplant, using my mother as the donor. A haplo transplant uses a donor who is only a 50% genetic match, which is possible thanks to advances in transplant techniques that reduce the risk of complications.

The post-transplant recovery period is a grueling, phased process with daily BMT clinic treatments, including blood and platelet transfusions, fluids and constant monitoring for complications from the treatment. The main complication is host-versus-graft disease (HVGD), which happens when your donor's cells fight with your own cells, as well as infection. Both can lead to life-threatening illnesses. I had a mild case of HVGD that attacked my skin, resulting in an itchy rash on my torso. I was also hospitalized several times after my port became infected, with one episode leading to a stay in the ICU when my body went into septic shock.

I began to feel like myself after my mom's cells took over and I began to rebuild my own immune system. I felt less weak, my mobility improved and my appetite began to return to normal. I started to choose some of my nicer outfits instead of sweats and overworn t-shirts to wear to my clinic visits, and I even started to add a bit of makeup. That slight switch helped me emerge from my foggy identity as a patient. About eight months after my second transplant, I returned to work and started to resume some of my old routines (going to church, etc.).

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

Most of my support came from my immediate family: my husband, my parents, my brother and sister-in-law as well as my three children, including an adult daughter along with a web of close friends and coworkers. The nurses, technicians, nurse practitioners and doctors at the Northside BMT Unit became like family. I lived with them for the first three weeks of my diagnosis, and there are no words to express the care and support I received from them. Having these folks to talk to during my morning walks to the patient pantry and having people to talk to about my kids was healing.

My friends and family helped by organizing meal trains and sending items to make my hospital room homier and more comfortable (even sending things like Easter baskets to help me celebrate the holidays I spent in the hospital). A few of my friends coordinated with my husband to make sure my kids maintained a sense of normalcy with playdates and outings. My Spelman sisters (and Morehouse brothers) collected thousands of dollars to help my husband with prepared meals while I was sick or hospitalized since I was the primary cook at the time.

Just knowing that I had support from so many people helped me focus my strength and attention on healing and recovering. It was also vital to have human connections just reminding me that even with this major thing happening in my life, I was still a person who had

friends, children and a family who loved me. Later during my recovery, I found a Facebook group of moms facing cancer (Cancer Is a Mother: Moms Fighting Cancer) and Bright Spot Network. These became my favorite sources of support from folks who understood what I was going through because they had been there too. I posted questions or bids for advice to other mothers on the Facebook group and lent support to other moms going through cancer treatment while also trying to care for their children. Bright Spot offered resources and support groups specifically for moms or for my kids, and lots of advice about managing cancer and parenting simultaneously.

For humor, I followed @thecancerpatient on Instagram. It is a young adult cancer group that uses humorous posts to raise awareness about the perspectives and experiences of people going through cancer treatment and stages of survival. I found that laughing out loud at posts only we cancer patients would get was not only a useful coping strategy but also made me feel like a part of a community, which is so important during such an isolating illness and treatment plan.

Did you utilize patient support resources at Northside Hospital Cancer Institute? If so, which would you recommend?

The psych-oncology services in the BMT Unit were amazing. The oncology clinical social worker visited my hospital room frequently to help me process my diagnosis and cope with the overwhelming amount of uncertainty I was facing.

I was also fortunate to go to the 2024 Northside Cancer Survivor Retreat. That was life-changing, with nature hikes, psychoeducation and healing art activities. I connected with other thrivers and made lifelong friends who are walking the same walk as me. I would highly recommend taking advantage of thrivers opportunities and reaching out for emotional support even if you are not sure if you need it.

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

For me, my mindset was extremely important. I found an anchor Scripture (Jeremiah 29:11) and an anchor song "Firm Foundation" by Maverick City Music. I focused on the promises these pieces made that I would make it through the journey. My advice would be to find something positive, something that fills you with hope. Think of the reason(s) you want to survive, and focus on the small steps you can take to keep going. I like to be in control, but there was nothing I could do about my blood cells. So for me, all I could do was take things one day at a time and focus on a short to-do list every day: pray, write in my gratitude journal, eat, drink and move. Learning to speak up and ask for help even for things that seemed

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Survivor/Thrivers Story: Meet Natalie *(continued from page 5)*

small made a difference for me as well. Speak up! I learned to mention anything to my nurses that didn't feel right. I talked to my family and nurses about my feelings, and when I was worried about my kids, I thought of a specific thing to ask for and asked the person I felt was most likely to be able to meet that need.

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

Next month marks my second rebirthday — the second anniversary of my second stem cell transplant. I have been in remission for two years and out of treatment for almost one year. I still go to the BMT clinic once every six weeks for monitoring of my blood counts, and I am restaged once every year with a bone marrow biopsy and blood tests to ensure that I'm remaining disease free.

Closing Thoughts

One of the things I find most helpful is telling my story. It helps me process what happened because it all comes so fast in the moment. It has helped me reckon with the trauma of such a severe illness and it has helped me put words around the things that helped me make it through. I hope others will find, in my story, some sources of hope and a sense of connection. I hope my journey inspires others to find strength and community in their own battles.



*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 & RESOURCES****Community Partner Spotlight:
The Melanoma Research Foundation****Purpose of the organization.**

The Melanoma Research Foundation (MRF) was founded in 1996 by a melanoma patient, and is the largest independent national organization devoted to melanoma. Its mission is to eradicate melanoma by accelerating medical research while educating and advocating for the melanoma community. Since then, the MRF has expanded its mission to include:

- educating patients, care partners and the general public on how to prevent and detect melanoma.
- advocating at the federal and state levels on issues that greatly impact the melanoma community.
- funding researchers across the spectrum of their careers — the MRF has funded over \$26 million in research grants since its inception, and hosts collaborative scientific conferences and meetings.

Population that the MRF serves.

The MRF serves the 1.4 million Americans living with melanoma today across all subtypes, including cutaneous (skin) melanoma, and the rarer forms of melanoma including ocular, mucosal, acral lentiginous and pediatric melanoma. Additionally, the MRF serves health care providers, clinicians and researchers.

Resources that the MRF provides to patients, survivors, thrivers and/or care partners.

The MRF provides free resources to patients, thrivers and care partners through its Education Institute:

- **Together Against Melanoma: Patient Symposium Series:** a series of in-person and/or hybrid meetings held in



collaboration with academic medical centers across the country.

- **Ask the Expert Webinars:** free educational and informational programs that discuss topics important to the melanoma community.
- **Patient forum:** the oldest and largest online community of people affected by melanoma. The forum allows for peer support and provides information to care partners, patients, etc.
- **Educational materials:** The MRF offers free educational materials on a variety of topics such as prevention, diagnosis, clinical trials and treatments across the spectrum of melanoma types.

Outreach programs that the MRF sponsors in the community

Each year, the MRF hosts its Miles for Melanoma 5K series in Atlanta, GA. Miles for Melanoma is a nationwide series of 5K runs/walks that allow participants to support and raise funds for the MRF by coming together in their community alongside fellow melanoma patients, thrivers, care partners and supporters. For more information about the 2025 Atlanta event or the Miles for Melanoma program, please visit melanoma.org/miles-for-melanoma/.

The MRF also collaborates with the University of Georgia's chapter of the Sigma Nu Fraternity on the annual Jam for Cam fundraising event. This event is held in memory of Cameron Fearon, a UGA student, who passed away from metastatic melanoma. Jam for Cam is dedicated to advancing the awareness of melanoma and educating

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Community Partner Spotlight: The Melanoma Research Foundation *(continued from page 6)*

our community about its risks, prevention strategies and treatment options.

Volunteer opportunities that the MRF offers and the best way to get involved

The MRF offers a variety of volunteer opportunities. Volunteers can participate in events such as the Miles for Melanoma 5K series, Gala series and through "COMMUNITY Fundraising" and awareness events. In addition to these events, volunteers can become MRF advocates and help at the local, state, federal and regulatory levels to promote increased funding for new and innovative science, access to affordable, quality health care, access to sunscreen in

schools, tanning bed legislation and more. To explore these opportunities and to get involved, please contact the MRF team at volunteer@melanoma.org.

Partnership between the MRF and Northside Hospital Cancer Institute.

The Northside Hospital Cancer Institute has supported the MRF's annual Atlanta Miles for Melanoma 5K event since 2017. MRF is honored to welcome the Northside team in person at the event tentatively scheduled for November 2, 2025 to help educate the public on the important work the institute does to support the melanoma and greater cancer community.

**What to Expect From a Cooking Demonstration**

By: Christy Andrews, Executive Director, CSC Atlanta

One of the most popular programs for survivors and thrivers at the [Cancer Support Community \(CSC\) Atlanta](#) is the organization's cooking demonstrations. Hosted by a talented chef who specializes in tasty, healthy dishes, cooking demonstrations are not only informative but also inspirational and fun!

Everyone from beginner cooks to seasoned home chefs can attend the demonstrations to learn creative ways to elevate their cooking skills with ingredients that are nutritionally impactful and also delicious. In addition to learning basic techniques like knife skills and ways to increase flavor with new spices and ingredients, attendees also gain an understanding of ways to introduce new foods to their

palate. The demonstrations are always interactive as the chef engages with the crowd with stories about experiences in the kitchen as well as an informal question and answer segment. Whenever possible, a dietitian partners with the chef to discuss how diet can boost energy and strengthen the immune system, bringing another layer of knowledge to the event.

Following a demonstration, guests mingle with each other as they enjoy the freshly prepared meal. Recent dishes included salmon cakes, TikTok viral Barbie pasta, lentil tacos and easy-to-make soups. Cooking demonstrations are offered at CSC Atlanta at least once a month. To sign up for a future event or view past recipes, please visit cscatlanta.org/nutrition.

**EVENTS & CANCER CELEBRATIONS****CANCER SCREENING & PREVENTION****Skin Cancer Screenings**

May 13, 2025 @ Northside Hospital Cancer Institute Radiation Oncology – Forsyth from 6-8 p.m.

July 15, 2025 @ Northside Hospital Cancer Institute Radiation Oncology – Preston Ridge from 6-8 p.m.

Prostate Cancer Screening

June 26, 2025 @ Northside Hospital Cancer Institute Radiation Oncology – Cherokee from 5:30-8 p.m.

To schedule an appointment for a cancer screening, please call [404-531-4444](tel:404-531-4444).

Built To Quit – Smoking and Tobacco Cessation Course

Next six-week session start date: July 8, 2025

Weekly classes include the American Lung Association Freedom from Smoking curriculum and are available in person and virtually. They are conducted primarily in a group setting, which encourages participants to learn from each other. 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.



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.

Upcoming Cancer Awareness Months

April: Esophageal Cancer, Head & Neck Cancer, Testicular Cancer

May: Bladder Cancer, Brain Tumor and Melanoma/Skin Cancer

June: National Cancer Survivor Month

PATIENT EDUCATION & SUPPORT EVENTS

[CSC Frankly Speaking about Bone Health](#)

April 25, 2025 @ noon

Join this virtual program to learn all about bone health and how cancer treatment can impact it.

[Celebrating a Second Chance at Life: Survivorship Symposium](#)

May 3-9, 2025

A week packed full of information, inspiration and community. Join online from the comfort of your own home. Join thousands of transplant and CAR T-cell recipients and care partners and learn how to make the most of your second chance at life. For more information, visit bmtinfonet.org.

[CSC Atlanta Summer BBQ](#)

June 5, 2025 @ noon @ CSC Atlanta

Save the date. More information will be available on the CSC Atlanta page soon.

[NHCI Patient and Care Partner Education Conference](#)

August 9, 2025 @ The Hotel at Avalon in Alpharetta. More information will be available soon.

[CSC Cancer Transitions: Moving Beyond Treatment](#)

Next four-week program begins in mid-August 2025

Cancer Transitions is a free four-week virtual workshop designed to help cancer survivors make the transition from active treatment to survivorship. Each week participants will meet for a 90-minute virtual session to discuss important topics focused on health and wellbeing. For more information and registration, please email lauren@cscatlanta.org.

[NHCI Metastatic Breast Cancer \(MBC\) Retreat](#)

September 12-14, 2025 @ the Elohee Retreat Center in Sautee Nacoochee, Georgia

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. Applications are currently being accepted.

For more information, please contact Kymberly Duncan at kymberly.duncan@northside.com.

SAVE THE DATE!

BUILT
TO BEAT
CANCERNORTHSIDE
HOSPITAL
CANCER INSTITUTE2025 Patient and Care Partner
Education Conference

SATURDAY, AUGUST 9, 2025

The Hotel at Avalon
9000 Avalon Blvd. | Alpharetta, GA

COMMUNITY EVENTS

[CANCER WALKS/EVENTS – SPONSORED BY NHCI](#)[Pancreatic Cancer Action Network's PanCAN PurpleStride Walk](#)

April 26, 2025 in Atlanta @ 8:30 a.m.

[American Lung Association's Fight for Air Climb – Atlanta](#)

May 3, 2025 @ Promenade Tower in Atlanta from 8 a.m.-1 p.m.

Northside Team Name: The Lung and the Breathless

[East Georgia Cancer Coalition's Miles for Moms 5K Run/Walk](#)

May 3, 2025 @ 315 Riverbend Rd, Athens @ 8 a.m.

[National Brain Tumor Society's Georgia Brain Tumor Walk & Race](#)

May 10, 2025 @ The Battery in Atlanta @ 8 a.m.

[Georgia Alliance for Breast Cancer's 2025 Georgia 5K Run for Breast Cancer](#)

May 10, 2025 @ The Shoppes at River Crossing in Macon @ 8 a.m.

[Chastain Chase 5K & Steps 4 Survivors 3K Stroll](#)

June 1, 2025 @ Chastain Park from 8-10 a.m.

[Georgia Alliance for Breast Cancer's Survivors Breakfast](#)

June 3, 2025 @ Atlanta Country Club from 9-11 a.m.

[Atlanta Cancer Care Foundation Inc.'s Feathers 5K](#)

June 7, 2025 @ Oglethorpe University in Brookhaven @ 8 a.m.

[AMERICAN CANCER SOCIETY RELAY FOR LIFE EVENTS](#)[American Cancer Society's Relay for Life of Newton, Rockdale, Jasper](#)

April 25, 2025 @ Legion Field in Covington from 6-10 p.m.

[American Cancer Society's Relay for Life of Hall County](#)

April 25, 2025 in Downtown Flowery Branch from 6-10 p.m.

[American Cancer Society's Relay for Life of Cherokee County](#)

April 26, 2025 @ Etowah River Park in Canton from 4-9 p.m.

[American Cancer Society's Relay for Life of Gwinnett](#)

April 26, 2025 @ Suwanee Town Center from 4-10 p.m.

[American Cancer Society's Relay for Life of Forsyth – North Fulton](#)

May 2, 2025 @ Fowler Park in Cumming from 6-10 p.m.

[American Cancer Society's Relay for Life of Greater Athens Area](#)

May 2, 2025 @ Oconee County Middle School in Watkinsville from 6-10 p.m.

[American Cancer Society's Relay for Life of Henry, Fayette & Clayton](#)

May 2, 2025 @ Salem Baptist Church Park in McDonough from 6-11 p.m.

[American Cancer Society's Relay for Life of Cobb County](#)

May 10, 2025 @ East Cobb Park from 5-9 p.m.

[American Cancer Society's Relay for Life of Houston County](#)

May 17, 2025 @ Jessie E. Tanner Junior Park in Warner Robins @ 4 p.m.

[NORTHSIDE FOUNDATION EVENTS](#)[32nd Annual Charity Golf Classic](#)

May 19, 2025 @ the Atlanta Athletic Club in Johns Creek
Benefiting the Northside Hospital Blood & Marrow Transplant Program

[Halcyon Ladies Night Out](#)

June 17, 2025 @ Halcyon in Alpharetta @ 6 p.m.

Raises money for transportation and lodging assistance for cancer patients through the Northside Hospital Cancer Institute.

[Sarcoma Awareness Sunset Stroll](#)

July 16, 2025 @ Chattahoochee Nature Center @ 6 p.m.

More details will be available soon at give.northside.com/sarcomastroll/.