



# HOPE & HEALING

A guide to helping survivors navigate through their journey

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Spring 2026 Issue

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

**NORTHSIDE HOSPITAL**  
**CANCER INSTITUTE**  
**BUILT TO BEAT CANCER**



## The 411 on Cancer Support Groups

By: *Christina Austin-Valere, PhD, LCSW*

Support groups are a popular way to get additional help and a sense of shared experience for many individuals, including those living with cancer. These groups provide the opportunity for individuals to come together to talk about their journey, identify lessons learned, share information and explore feelings, concerns and commonalities. For patients, these groups offer a place to talk about their respective cancer diagnoses, treatments, experiences and coping strategies.

Oncology clinical social workers typically facilitate these groups; however, other healthcare professionals and peer facilitators assist with support groups as well.

The groups can be:

- open-ended, where anyone can attend at any point
- closed-ended, where a certain number of participants are accepted from start to finish of the session
- disease-specific
- general
- therapy-focused
- psychoeducational, where healthcare or mental health professionals share information with attendees

Knowing when to attend a support group is a very personal and intimate decision. The reasons for joining a support group are as varied as the long list of benefits gained from attending (see below). There is no right or wrong time to seek and attend a support group, whether at the start, middle or end of treatment.

Finding a support group is also easier than you might think, but you have to be open and in a certain mindset to learn about this information. Speaking with an oncology clinical social worker or member of your multidisciplinary treatment team (including your oncologist) is a great starting place. Patients also hear about support groups from family, friends, fellow center of worship congregants, fellow patients, social media platforms or through literature (i.e., treatment center

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### Benefits of Support Group

- Feel less lonely, alone or judged.
- Ease distress, depression, anxiety or fatigue.
- Talk openly and honestly about your feelings.
- Learn and get better at using skills to cope with challenges.
- Stay motivated to manage long-term conditions or stick to treatment plans.
- Gain sense of empowerment, control or hope.
- Learn more about your disease and your own experience with it.



- Get practical feedback about treatment choices and sharing feedback with others.
- Learn about health, financial or social resources.



## The 411 on Cancer Support Groups *(continued from page 1)*

brochures, flyers and patient packets). Before joining a support group, do your homework about the group and have a designated person to help you talk to your healthcare team for a safe referral (see below).

For more information on support groups and behavioral health resources, please visit the Northside Hospital Cancer Institute website, [northside.com/support-and-survivorship](http://northside.com/support-and-survivorship), or call the Behavioral Health Services office at [404-851-8960](tel:404-851-8960).

### Things to Consider Prior to Joining a Support Group

- Is the group membership for individuals with certain health conditions (i.e., cancer, stage of the disease) or life change?
- Who attends the group (composition)?
- Is it free of charge or is there a fee? If there is a fee, is it covered by insurance?
- Where does the group meet (time and frequency)?
- Who facilitates or moderates the group? Is it a professionally trained/healthcare professional, peer or layperson?
- Is there a mental health professional involved with the group if the facilitator/moderator is not a clinically trained individual?
- What are the ground rules or guidelines for group participation?
- How are your participation and any group notes maintained confidentially?
- How does the group align with your values and philosophy?
- How many people attend the group and what is a typical group like?



## ASK AN EXPERT



### The Immune System and Cancer: What to Know and Do

By: Gowri Satyanarayana, MD

**What do patients need to know about how the immune system is impacted by cancer and cancer treatment?**

Both cancer and chemotherapy can impact the immune system, making it weaker. There are different parts of the immune system that help fight different infections. The type of chemotherapy a patient receives can affect a specific part of the immune system. Based on the type of chemotherapy given, a patient might be started on medications to prevent specific infections by their oncologist. The patient will be monitored closely for any signs or symptoms of infection. Common symptoms of infection include fevers, night sweats, drops in blood pressure, chills or increased confusion.

**What can patients do to strengthen their immune system?**

Unfortunately, there are no specific medications that can be prescribed to strengthen the immune system. Patients are encouraged to eat a healthy diet, which can be difficult during chemotherapy and/or radiation due to the side effects of these treatments. Many patients who cannot consistently eat solid foods eat a diet with liquids, including drinks that have sufficient nutritional value. Patients can always request a referral to a dietitian or nutrition specialist to help customize their diet to their specific needs.

**There are so many vitamins and "superfoods" that claim to boost the immune system. Are there any that actually help patients or is most of it just clever marketing?**

Patients need to speak to their oncologist about any vitamins or supplements they plan to take. This is because some vitamins or supplements can interact with chemotherapy and lead to toxic side effects.

Common vitamins/minerals that should be safe with most chemotherapy treatments are vitamin C, vitamin D3 (cholecalciferol), zinc or a standard multivitamin. It is recommended that the bottle have a third-party verification seal (USP, NSF, ConsumerLab).

**For individuals who have completed chemotherapy or radiation, how long does it typically take for the immune system to recover, and are there specific "red flags" that indicate it isn't bouncing back as it should?**

This is variable depending on the type of treatment a patient receives. The recovery time after completion of treatment can be several months to more than a year. Patients are usually given information and guidance by their treating physician regarding "red flags" to watch out for.



## BOOST YOUR HEALTH & WELLNESS



### Affordable Nutrition: How to Eat Healthy and Nutritious Food on a Budget

By: Katie Dart, RDN, CSO, LD

Are you trying to eat healthier, but are concerned about the increasing cost of groceries? You are not alone! According to the USDA, the average weekly grocery bill for a family of four is \$250–\$400.<sup>1</sup> While it can be challenging to maintain a healthy diet on a budget, it can be even more difficult for patients and survivors who often experience financial strain due to medical bills, medication costs and change in work status. The good news is that healthy eating is possible on a budget with simple strategies for saving money.

So, what can you do to stretch your grocery budget? Embrace plant-based meals to help reduce your cancer recurrence and cut grocery costs! The estimated cost of a chili recipe made with lean ground beef is 70% higher than chili made with beans (based on Kroger prices).

The American Institute for Cancer Research (AICR) also recommends a plant-based eating pattern to reduce the risk of cancer and recurrence.<sup>2</sup> Aim for two-thirds of your meals to come from plants, including vegetables, whole grains, nuts, seeds, beans and fruits. The AICR recommends limiting intake of processed meats, red meat and pork, which are generally higher priced than poultry, eggs and plant proteins, such as soy and beans.<sup>2</sup>

Below are more cost-saving tips:

- Make your list before you go. Try using a grocery store app to help stay within your budget by tracking the estimated cost of your grocery cart as you build your list.
- Reduce food waste:
  - Use produce-saver containers and carbon filters to extend the life of produce.
  - Use kitchen and pantry-tracking apps to help organize and track what you have, and receive alerts when food is nearing the expiration date (examples include:

Food Keeper, Pantry Check, KitchenPal, Kitcher, My Pantry Tracker, CozZo, Sortly, No Waste).

- Buy generic brands, they are typically the same quality at a lower price.
- Eat before grocery shopping to avoid being tempted to buy extras.
- Look low! Less expensive items are often on lower shelves, below eye level.
- Buy produce in season for better tasting and lower priced products. Check University of Georgia Expanded Food and Nutrition Education Program (UGA EFNEP) or The Supplemental Nutrition Assistance Program Education (SNAP-Ed) websites for what is in season:
  - [ugaefnep.org/whats-in-season-in-ga/](http://ugaefnep.org/whats-in-season-in-ga/)
  - [snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide](http://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide)
- Cut produce at home, pre-cut fruits and vegetables are pricier.
- Buy frozen fruits and vegetables for healthy options at a lower price.
- Check unit price rather than total cost to determine the best value, even if containers are different sizes.
- Get creative with leftovers.

These tips can help you save money and improve your health! To learn about our Oncology Nutrition Program call [404-236-8036](tel:404-236-8036) or visit [northside.com/services/nutrition-services](http://northside.com/services/nutrition-services).

References:

1. [fns.usda.gov/research/cnpp/usda-food-plans/cost-food-monthly-reports](http://fns.usda.gov/research/cnpp/usda-food-plans/cost-food-monthly-reports)
2. [aicr.org/resources/media-library/10-cancer-prevention-recommendations/](http://aicr.org/resources/media-library/10-cancer-prevention-recommendations/)

### Recipe Corner\*

#### Spring Pea, Asparagus and Mint Salad

##### Ingredients (serves 6)

- Two cups frozen peas
- One bunch (about 3/4 lb) asparagus, tough ends removed, sliced into 2" pieces
- Two cups fresh pea shoots, cut in half
- One lemon, juice and zest
- 1/2 cup fresh mint, roughly chopped
- One tablespoon extra-virgin olive oil
- Salt and pepper, to taste

##### Directions

1. Fill a large saucepan 3/4 full of water and bring to a boil over high heat.
2. Add peas to boiling water and blanch for 1 minute.
3. Strain peas using a slotted spoon (save the boiling water for the asparagus). Add peas to a bowl of ice water to stop cooking process, then strain again and set aside.
4. Add asparagus to the boiling water and cook until tender, about 2–3 minutes. Similarly drain asparagus and add to ice water for 1 min; drain and set aside.
5. In large bowl, combine peas, asparagus, pea shoots, lemon zest, lemon juice, mint and olive oil and toss to combine. Season with salt and pepper, to taste. Optional: garnish with a slice of lemon.

Makes 6 servings (1 cup). Per serving: 80 calories, 2.5 grams total fat, 0 milligrams cholesterol, 11 grams carbohydrates, 5 grams protein, 4 grams dietary fiber, 0 milligrams sodium, 4 grams sugar, 0 grams added sugar.



\*Recipe credit: <https://www.aicr.org/cancer-prevention/recipes/spring-pea-asparagus-and-mint-salad/>



## Small Steps to More Energy: Coping with Cancer-Related Fatigue

By: Melora Rennie OTR/L, CLT-LANA, PORI

Feeling extremely tired or having low energy, is one of the most common challenges during and after cancer treatment. Cancer-related fatigue is different than being tired—it can affect your energy, motivation, concentration and ability to complete daily activities. While cancer-related fatigue can feel overwhelming, the good news is that there are simple, practical strategies that can help you conserve your energy, manage your fatigue and allow you to continue participating in activities that are meaningful to you before, during and after cancer treatment.

### 1. Plan, Pace and Conserve Your Energy

Managing energy wisely can help you stay active without overdoing it. Think of your energy like a limited resource—use it where it matters most.

- **Plan around your energy levels:** Organize daily and weekly activities for times when your energy is highest.
- **Prioritize your energy for meaningful tasks:** Focus your energy on meaningful and necessary tasks, and limit activities that are stressful or less important.
- **Pace yourself and listen to your body:** Break tasks into smaller pieces and take regular rest breaks to prevent overexertion.
- **Modify how you complete tasks:** Sit instead of standing when possible.
- **Utilize adaptive or durable medical equipment:** Tools such as a shower chair, tub bench, rollator, a long-handled shoehorn or reacher can help conserve energy.
- **Use good body mechanics:** Keep everyday items within easy reach and avoid unnecessary bending, lifting and reaching.
- **Delegate:** Ask for help when you need it and allow others to assist with tasks you do not have the energy to complete.

### 2. Keep Your Body Moving

When you are fatigued, exercise may feel like the last thing you want to do, but gentle movement can improve your energy. Physical activity helps maintain strength, improve endurance and boost overall well-being. Even small amounts can make a difference.

When engaging in physical activity during and after cancer treatment, keep the following in mind:

- **Aim for regular activity:** Work towards obtaining 150 minutes of physical activity spread throughout the week, as tolerated.
- **Include a variety of activities:** Try to incorporate aerobic exercise (walking or stationary cycling), light strengthening (weights or resistance bands) and gentle stretching (yoga).
- **Incorporate movement into your daily routine:** Take the stairs, go for short walks or try to complete stretching or strengthening while watching television.

- **Keep intensity light to moderate:** While engaging in exercise you should be able to engage in a conversation.
- **Stay motivated with support:** Invite family or friends to join you – engaging in physical activity with others can make exercise more enjoyable and keep you consistent.
- **Consult rehabilitation providers:** Physical and occupational therapists can help create a safe, individualized exercise program to support your goals while receiving cancer treatment.

### 3. Create Healthy Sleep Habits

Getting consistent, restful sleep is especially important during and after cancer treatment, as it helps your body to recover and maintain/improve your energy. Here are some tips for improving sleep hygiene:

- **Keep a regular sleep schedule:** Go to bed and wake up at the same time every day.
- **Establish a bedtime routine:** Consider taking a warm bath or shower, reading a book, listening to relaxing music or practicing meditation.
- **Create a restful sleep environment:** Make your bedroom dark and quiet. Set the appropriate temperature. If you need background noise, consider a sound machine or white noise.
- **Limit screen time before bed:** Avoid using phones, tablets and televisions at least one hour before bedtime.
- **Limit caffeine or other stimulants:** Avoid coffee, tea, soda or energy drinks in the afternoon and evening.
- **Manage nighttime discomfort:** For patients with pain or other symptoms consult a healthcare provider or an occupational therapist for strategies to reduce discomfort and improve your sleeping position to allow for better sleep.

### How Rehab Can Help

Northside Rehabilitation Services, including physical therapy, occupational therapy and speech-language pathology, can play an important role in managing cancer-related fatigue.

Rehab providers can help you:

- Build strength and endurance safely
- Develop personalized plans to support your recovery

Managing fatigue is an important part of your cancer journey. By pacing yourself, staying active and prioritizing good sleep, you can improve your energy and continue doing the things that matter most.

Small steps can lead to meaningful improvements in how you feel each day. Visit [northsiderehabilitation.com/services/oncology-rehab](https://www.northsiderehabilitation.com/services/oncology-rehab) for more information.



## STORIES OF HOPE & HEALING\*

### Survivor Story: Meet Gretchen

Gretchen Hays of Forsyth County began her cancer journey in a most unexpected manner. During a hair appointment in January of 2021, her hairdresser noticed a new spot on the top of Gretchen's head and encouraged her to get it checked by a doctor.

Gretchen soon visited a dermatologist, Kristin Gregory, PA-C, who examined the lesion and scraped it for a biopsy. That biopsy came back positive for melanoma. Gretchen was referred to Melanoma and Sarcoma Specialists of Georgia, where she saw [Dr. Nicole Kounalakis](#).

Dr. Kounalakis performed a punch biopsy, which confirmed stage 3C melanoma and revealed several precancerous areas around the melanoma. Dr. Kounalakis explained that she would need to remove a sizeable chunk of tissue from Gretchen's head, so she was also referred to Dr. Farzad Nahai a plastic surgeon. Gretchen shared, "I've always been a big sunscreen person. As an avid tennis player, I typically wore visors when outdoors. I simply never thought about sun exposure to the top of my head."

Dr. Kounalakis performed Gretchen's first surgery to remove the cancer. Then, in a second surgery, Dr. Nahai excised more tissue to obtain a better margin. Additionally, he performed a skin graft by taking skin from Gretchen's thigh to cover the surgical site on her scalp.

Gretchen's medical team also performed a biopsy of lymph nodes in her neck, the closest nodes to the melanoma lesion. This biopsy revealed that the cancer had spread to her lymph nodes. A PET scan showed no additional spread beyond those nodes. Because the cancer was also in lymph nodes, additional treatment such as chemotherapy or radiation would be required. Dr. Kounalakis referred Gretchen to [Dr. Ioana Bonta](#), a medical oncologist with Georgia Cancer Specialists.

Dr. Bonta's first course of treatment for Gretchen was the immunotherapy drug, pembrolizumab. After a few treatments, some dark spots appeared on Gretchen's scalp around the surgical area. This complication caused Dr. Bonta to quickly pivot in her treatment plan. She discontinued the pembrolizumab and began Gretchen on an oral chemotherapy regimen of encorafenib and binimetinib. This regimen required Gretchen to take approximately 10 pills per day. Gretchen was initially ill from the new treatment, but her body soon adjusted and she continued this treatment for two years.

Gretchen was monitored closely throughout treatment, including checkups with her oncologist, bloodwork and scans every three months; visits to the dermatologist for skin checks every six months; and periodic brain MRIs to monitor for metastasis to the brain.

Because of this thorough monitoring, Dr. Bonta found a spot on Gretchen's lung in October 2023. The spot was still there on a repeat scan three months later. In January 2024, Gretchen had a lung biopsy that showed metastatic melanoma in her lung.



Dr. Bonta prescribed an aggressive immunotherapy treatment to target the metastatic melanoma. Gretchen shared, "My first treatment went great. After the second treatment, however, I got really sick with severe diarrhea and other gastrointestinal complications. I was terribly dehydrated and weak. As if that wasn't enough, I fell while running to the bathroom and injured my foot."

Dr. Bonta advised that Gretchen be admitted to Northside Hospital Forsyth. She was diagnosed with colitis from the immunotherapy drugs, severe dehydration and a broken foot! Gretchen spent six days in the hospital. Dr. Bonta discontinued the immunotherapy treatment and advised Gretchen to simply rest, heal and recover. She continued to visit Northside Forsyth frequently as an outpatient for infusions of saline and potassium to regain her health and strength. She lost nearly 40 pounds from the ordeal. Gretchen reflected, "It was an extremely low point for me. But as my health improved, I was able to join my family for a long-planned vacation in May."

Dr. Bonta ordered scans in June of 2024 to re-assess the cancer and determine next steps. Gretchen had only received two of the immunotherapy treatments before she became ill and the treatment was stopped. Remarkably, her scans were clear; the cancer in her lung was undetectable.

Gretchen continues to be monitored every three to four months with bloodwork, checkups and scans of her neck, chest and brain.

Gretchen raves about her experience with Northside physicians, staff and facilities. "Everyone at Northside has been so nice and helpful. They make me feel special. The staff is always there to help me feel better and more comfortable. Additionally, they are very skilled. Their communication is clear and timely, and nothing has slipped through the cracks."

Gretchen also speaks warmly about her support system throughout treatment. "My tennis team, friends, husband and two daughters carried me through the ups and downs.

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

My husband accompanied me to every surgery, and friends drove me for infusions and brought meals for my family. I was deeply touched by people's generosity."

Today, Gretchen is healthy and active. She exercises regularly, still enjoys lots of tennis and delights in time spent with family and friends. She is a strong advocate for cancer prevention and screening, encouraging her loved ones to get regular skin checks and to protect themselves from the sun with sunscreen, sunglasses and hats. She added, "My tennis teammates all wear hats now!"

"This cancer diagnosis was a blow to all of us! I'll always remember Dr. Kounalakis' words of encouragement before my first surgery. She reminded me that I would be the same person after this surgery as I was before, and that cancer is just one part of my journey now. That gave me hope, and now I want to share that hope with others."



## COMMUNITY SUPPORT & CONNECTIONS

### NHCI Partner Spotlight: The National Brain Tumor Society



#### Purpose of the organization.

The National Brain Tumor Society (NBTS) is the largest nonprofit dedicated to curing brain tumors and improving the lives

of patients and families. Our mission is to unrelentingly invest in, mobilize and unite the brain tumor community to discover a cure and deliver effective treatments.

#### Population that NBTS serves.

NBTS serves patients, survivors, care partners and families affected by brain tumors across all ages and tumor types. We also collaborate with researchers, clinicians and advocates working to advance treatment and care.

#### Resources that NBTS provides to patients, survivors and/or care partners.

NBTS provides educational resources, patient navigation support, clinical trial information and opportunities for community connection and advocacy to help patients and families navigate the brain tumor journey.

#### Outreach programs that NBTS sponsors in the community.

NBTS hosts community events, advocacy initiatives and awareness campaigns nationwide, including the Georgia Brain Tumor Walk & Race, which brings patients, families, clinicians and supporters together to raise awareness and fund critical research.

#### Volunteer opportunities that NBTS offers and the best way to get involved.

- Advocate for the needs of all patients: Join a community of advocates across the United States, virtually or in-person, to influence policies affecting the brain tumor community.
- Participate in community events, such as the Georgia Brain Tumor Walk & Race, where individuals can walk, volunteer or form a team to raise awareness and support research.
- Make a gift. Donations of all sizes help advance our mission and fuel the breakthroughs needed to find a cure.
- Join the MyTumorID campaign: Sign up to learn about the importance of biomarker testing and clinical trials and help spread this critical information so patients can make informed decisions about their care.
- Share your story. Your voice matters. Sharing your experience can raise awareness and remind others in the brain tumor community that they are not alone.

#### Partnership between NBTS Northside Hospital Cancer Institute.

NBTS is proud to partner with the Northside Hospital Cancer Institute, whose leadership and commitment to brain tumor care strengthens support for patients and families in Georgia. Northside is a Gold Sponsor of the 2026 Georgia Brain Tumor Walk & Race, and together we help raise awareness, bring the community together and advance progress toward better treatments and cures.

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](mailto:survivornewsletter@northside.com).



## GET INVOLVED

### Northside Hospital Foundation Hosts Survivor Celebration at Truist Park



The Cancer Survivor Celebration was held on Tuesday, March 31, 2026. Hundreds of survivors and their families attended. Here are some photo highlights:



## EVENTS & CANCER CELEBRATIONS

### CANCER SCREENING & PREVENTION

#### Prostate & Skin Cancer Screenings

May 14, 2026 @ Northside Hospital Cancer Institute Radiation Oncology—Forsyth from 5:30–8 p.m.

June 25, 2026 @ Georgia Cancer Specialists—Smyrna from 5:30–8 p.m.

July 23, 2026 @ Northside Hospital Cancer Institute Radiation Oncology—Preston Ridge from 5:30–8 p.m.

#### Built To Quit—Smoking and Tobacco Cessation Course

Next six-week session start dates: May 12, 2026 & July 14, 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. Classes are offered weekly during afternoon and evening hours. Remote/online options available. 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](http://northside.com/community-wellness/built-to-quit), call **404-780-7653** or email [smokingcessation@northside.com](mailto:smokingcessation@northside.com).



#### Spring Cancer Awareness Months

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

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

**June:** National Cancer Survivor Month

COMMUNITY EVENTS

**NHCI Sponsored Cancer Walk/Events/Teams**

[Georgia Alliance for Breast Cancer's 2026 Georgia 5K Run for Breast Cancer](#)

May 9, 2026 at 8:00 a.m. @ The Shoppes at River Crossing in Macon

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

May 16, 2026 from 5-9 p.m. @ East Cobb Park

[Feathers 5K Run & Walk Supporting the Atlanta Cancer Care Foundation](#)

June 6, 2026 @ 8 a.m. @ Oglethorpe University in Brookhaven

[Harts of Teal: Enduring Hope Color Run for Ovarian & Gynecologic Cancer Awareness](#)

June 6, 2026 @ 8:30 a.m. @ ONE Church in Fayetteville

[Cancer Support Community's Chastain Chase 5K & National Cancer Survivors Day Celebration](#)

Sunday, June 7, 2026 @ 8 a.m. @ Chastain Park in Atlanta

Celebrate National Cancer Survivors Day at the Chastain Chase, celebrating the strength and resilience of cancer survivors while bringing together families, friends, care partners and supporters. Chastain Chase welcomes participants of all ages and abilities. Strollers and dogs are also permitted. Family members, friends and coworkers can create teams to celebrate and honor the loved ones in their lives who have been affected by cancer. Each participant will receive a commemorative T-shirt with a special space to write the name of someone whom they are honoring. There is a discount of \$10 on survivor registration with code SURVIVOR26.

Funds raised through the Chastain Chase support the free programs offered by CSC Atlanta, including professionally led support groups, educational workshops, healthy lifestyle classes and stress-reduction programs for people impacted by cancer. These programs ensure that individuals and families in our community can find support, connection and reliable information throughout every stage of the cancer journey.



NORTHSIDE HOSPITAL FOUNDATION EVENTS

[Annual Charity Golf Classic](#)

May 18, 2026 @ the Atlanta Athletic Club in Johns Creek

Benefiting the Northside Hospital Blood & Marrow Transplant Program

Check for updated information @ [give.northside.com/events/charity-golf-classic/](https://give.northside.com/events/charity-golf-classic/)



NORTHSIDE-HOSTED SURVIVOR EVENTS

**NHCI 2026 Patient & Care Partner Conference**

September 12, 2026 @ The Hotel at Avalon in Alpharetta

Save the date. More details to follow.

**Metastatic Breast Cancer (MBC) Retreat**

September 18-20, 2026 @ 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 caregiver. For more information, please contact Kymberly Duncan [kymberly.duncan@northside.com](mailto:kymberly.duncan@northside.com).



SIGN UP-SURVIVORSHIP NEWSLETTER SUBSCRIPTION

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