



New Developments

American Liver Foundation Partners with The Chicago Defender

The Illinois chapter is promoting health and wellness through exercise this fall through our upcoming Liver Wellness 5K Walk/Run and the LaSalle Bank Chicago Marathon. In the spirit of active events, ALF is participating in The Chicago Defender's Million Pound Challenge. The Million Pound Challenge is a city-wide challenge for the African American Community to collectively lose one million pounds. Each month The Chicago Defender holds a city wide work out for everyone- adults and children alike. Here participants meet fitness experts, hear guest speakers and weigh in to see how they are meeting their personal goal and as well as contributing to the challenge. For the past three months, Carolyn Watkins has represented ALF and will continue this October. Liver disease is one of the many complications that can arise due to being overweight. Through this partnership ALF can reach out to a greater population. For more information and upcoming city-wide workout dates, check out our website at www.illinois-liver.org.

Medical Advisory Committee creates awareness through local papers

The ALF MAC members are amazingly hard working with their patients as well as dedicated to promoting liver health through their roles on the MAC. We'd like to highlight some of these efforts and share a little about these wonderful people through two community articles recently released. In an interview for a community running club, the Oak Park Running Club, Dr. Jensen shares how liver functions effect exercise and how important exercise is to keep our livers and our selves healthy. Dr. Goldman contributes to increased awareness in an article "Advocate South Suburban Hospital physician encourages hepatitis awareness and vaccination" in the Eastern Illinois University Newsletter. Access these documents in PDF form on our website when you view the E-Newsletter online: <http://www.illinois-liver.org/resources/news/>.

Upcoming Events – SAVE THE DATE!

Liver Wellness Walk/Run – October 14, 2006

Run for Research – October 22, 2006

Upcoming Programs

Understanding Hepatitis Town Hall Meeting

Look out for more information March 2007!

Volunteer Opportunities

5K Walk/Run

Date: Saturday, October 14th

Time: 7:30-1:30pm

Volunteers needed for Walk/Run registration, prize wheel table, kids activity station, pet station, food table, and to cheer racers and steer them in the right direction as course marshals.

If interested or for more information, please contact Carolyn at walk@illinois-liver.org or call (312) 377-9030 ext.14.

LaSalle Bank Chicago Marathon Health and Fitness Expo

Date: Friday, October 20th & Saturday, October 21st

Time: Friday Hours: 9am-8pm, Saturday Hours: 9am-6pm

Location: McCormick Place Convention Center, North Building, Hall B1

LaSalle Bank/Chicago Marathon Race Day in the Charity Village Tent

Date: Sunday, October, 22, 2006

Time: 6:30am-4:30pm

Location: Grant Park

Our Run for Research Team Members appreciate that we provide them with a heated tent & secure gear check area while they are competing. We need assistance with gear storage and runner encouragement . It's early morning, but it is guaranteed to be a most motivational and exciting experience. It is truly inspiring to see these runners warm up and get motivated. Volunteers will stay in the tent and watch the runners' bags. Volunteer shifts will vary.

Run for Research Rally Station

Date: Sunday, October 22, 2006

Time: 10:30am-1pm

Location: TBD

Rah Rah!

We need cheerleaders! Join us at The Run for Research Rally Station along the marathon route – right now the plan is to have it at Mile 22. We will have whistles, pom poms, signage, now we just NEED YOU! Our Team members are taking on a tremendous challenge and the more support (the louder we are) the better! We will let our runners know about this special spot dedicated to them & we would like to have as many people as possible there cheering them on! We need assistance organizing this station and ensuring people are there at all times to support our runners.

If interested or for more information, please contact Elyse at elyse@illinois-liver.org or call 312-377-9030 x15.

Other Announcements (Please refer to our website for more information)

Hepatitis C Coordinators Conference

ALF Illinois Chapter was proud to host the second Hepatitis C Coordinators Conference this September 25 and 26th. Hepatitis C Coordinators from the Midwest gathered at they Hyatt to discuss best practices as advocates for patients of Viral Hepatitis.

LOVE YOUR LIVER. YOU ONLY HAVE ONE.

American Liver Foundation – Illinois Chapter

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