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Year in Review: 
Accomplishments in 2016

- Academic Debates reached over 200 participants
- 4 Liver Life Walks in Illinois & Michigan
- Programs reached 2,155 individuals
- 6,335 people tested for HCV
- 328 Veterans tested for HCV
- Created the Get Fit Program
- Webinar Series reached over 586 people

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Get Fit Seeks Corporate Partners

The American Liver Foundation, Great Lakes Division is proud to be launching Get Fit: a workplace wellness program targeting small to mid-sized businesses. The goal of the program is to promote improved wellness and disease prevention – particularly relating to reducing potentially harmful lifestyle diseases. Participating employees will receive information on topics ranging from mindfulness, financial health, and managing a chronic disease.

The Get Fit Campaign is an incredible opportunity to promote positive health choices across a range of general health topics while simultaneously educating participants about liver health.

Are you searching for a Workplace Wellness Solution for your employees? Check out our Introductory Prezi to learn more about how Get Fit can provide your workplace with wellness, employee engagement and retention! For more information email Brandon.

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Limited Number of Spots Available for Bank of America Chicago Marathon 2017

The ALF Great Lakes Division is proud to be selected once again as a charity partner in the Bank of America Chicago Marathon for 2017. This year is the 40th anniversary of the race and a limited number of spots will be available. While the early registration period has already closed, the ALF Great Lakes Division is offering guaranteed entries to the race with a fundraising minimum of only $1,500. All Team ALF runners will have access to incredible benefits and fundraising rewards. Register here or email Tatiana with any questions!

Registration is now open for the Bank of America Shamrock Shuffle 8k, which will take place on April 1, 2017. Join Team ALF as we kick off the racing season in downtown Chicago, taking in some amazing sights. There is no fundraising minimum for this race but runners will still have access to the Liver Life Challenge benefits and fundraising rewards. Register here or email Tatiana with any questions!
Industry Partner Spotlight: Gilead Sciences

The American Liver Foundation, Great Lakes Division is proud to recognize Gilead Sciences as a dedicated industry partner. Over the past year, Gilead has helped us to fulfill our mission to facilitate, advocate and promote education, support and research for the prevention, treatment and cure of liver disease. We achieve this through a variety of ways:

**Research** – The American Liver Foundation funds research to promote tomorrow’s next leaders in liver health through our young investigators grants.

**Get Fit** – Our newest campaign provides Workplace Wellness programming to small and mid-sized businesses. Focusing on topics from mindfulness to disease management, nutrition to mental health – our broad focus on general wellness is designed to educate and promote healthy behaviors. Workplaces see improvement with employee retention, engagement and reduced absenteeism, lower healthcare costs and more.

**Programming** – The Great Lakes Division are also leaders in education for both medical professionals and the public, hosting over 50 educational programs, Hepatitis C screenings, or community gatherings every year.

Volunteer Spotlight: Corrinne Rossi

Corrinne is a longtime and extremely dedicated volunteer to the ALF Great Lakes Division. Over the past year alone, Corrinne volunteered at almost every program and event we offered, recruited runners for the Shamrock Shuffle, and recruited a Chef for Flavors. Leading up to our events, Corrinne helped us in the office doing everything we asked of her and then asking for more. In addition, Corrinne was the top fundraiser at the Liver Life Walk in Arlington Heights and will be leading her own Community Liver Life Walk in 2017. We are incredibly thankful to Corrinne for all of her hard work and dedication to the Great Lakes Division.
Liver Love Notes

Show your Liver Love with the American Liver Foundation's Liver Love Notes - the perfect way to show your support of your doctor, nurse, favorite aunt or uncle, a walker, runner or partner. Liver Love Notes will be included as an option for all of our existing events and donation forms, but you can send a message any time - it can just be a simple "I care."

To submit a Liver Love Note, please follow these steps:

1. Submit a donation to ALF.
2. Complete this online form.
3. Please allow 10 full business days for your Liver Love Note to be posted on Social Media.

Free Hepatitis C Screenings

Click here for testing sites near you.

Clinical Trials

Click here for clinical trials near you.

HepCCATT

Learn how HepCCATT expands and improves hepatitis C testing and care in Chicago. For more information contact Isa Rodriguez.

Wellness Webinar Series

The ALF Great Lakes Division is proud to offer a wide range of webinars for your viewing and learning pleasure! Topics range from an overview of hepatitis C, fatty liver and prevention, and healthy living and nutrition. To view past webinars, click here.

Topics for the 2017 webinar series include: mindfulness, fitness, mental health, disease management, alcohol, and more. The new format will be offered as a YouTube video, released at the beginning of the month and presented by a healthcare professional or expert on the topic. Viewers will have the opportunity to comment and ask questions on the video and they will be answered by the expert 2 weeks after the video is released. Stay tuned for the first Wellness Webinar!

Contact Sarah with any questions!
The Hospitals of Chicago Consortium (HCC) is a group comprised of members of our MAC and additional healthcare professionals from the local universities. The group meets on a quarterly basis through webinars to discuss liver cancer related topics. A case and journal article are presented and discussed each meeting by a different university. The presentation is followed by a discussion of best practices by participants.

Happy Holidays!

Happy Holidays and a Happy New Year to you and your loved ones! May this holiday season be filled with prosperity and happiness. Sending you our warmest greetings this holiday.

Warmest Wishes,
Jackie, Brandon, Sarah, & Tatiana

Thank You

Your donation helps us fight liver disease.
We appreciate your generous support.
To make a donation, click here.