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On Monday, September 12, chefs, medical professionals, and supporters of the ALF Great Lakes Division came together to raise critical funds to end liver disease at our annual Flavors held at Morgan Manufacturing and to celebrate our honorees, Don Mason and Dr. Rocky Yapp. We cannot thank our chefs enough for the wonderful meals and all of their hard work! Click here to see all the photos from the night!

Check out the program book here to read more about chefs, honorees, and a special note from Tom Nealon.

Congratulations to the team of Dr. Mary Rinella, Dr. Lisa VanWagner, and Dr. Pranab Barman for winning the Top Chef Competition!
On Saturday, September 24, ALF supporters came together at Kollen Park to raise funds to end liver disease. Together participants honored those who have been lost to liver disease, celebrate those who have overcome a disease and support those who are still fighting. A special thank you to our star volunteer, Heidi Haglund, for her time and dedication to this event to ensure its success. Congratulations to Heidi for being the top fundraiser and congratulations to the team Gagers Ragers for being the top fundraising team! You can still make a donation to this event, click here. View photos from the event here.

That’s a Wrap! The Liver Life Walk season has come to an end but we are already excited and looking forward to seeing all of our participants next year!

Are you interested in bringing a Liver Life Walk to your community?
Email Tatiana to find out how you can get involved!

GET FIT A Workplace Wellness Initiative

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. For more information email Brandon.
LIVER SYMPOSIUM

Registration is Now Open!

Please join us in the bi-annual educational event hosted by the Medical Advisory Committee of the Great Lakes Division.

For healthcare professionals, the topics will include hepatitis C, fatty liver, and liver cancer. For patients and the general public, the topics will include hepatitis C, healthy living, and a live cooking demonstration!

Email Sarah today or click here!

Thursday, October 27, 5-8:30PM
Northshore HealthSystem Skokie
9600 Gross Point Road Skokie, IL 60074

VOLUNTEER SPOTLIGHT

Dennis Gleason has volunteered his time, expertise, and leadership to the ALF mission for many years. In addition to his role as Treasurer of the ALF Great Lakes Division Board of Directors, Denny also represented our Division on the ALF National Board of Directors. While he is cycling off as our National representative, he continues to serve and support us locally.

We are excited to welcome Dr. Rocky Yapp, Great Lakes Medical Advisory Committee Member, to the National Board of Directors and we are grateful to both for their service!
VOLUNTEER OPENINGS

October 9 | Chicago Marathon | 10am-2:30pm

We are looking for volunteers to join us in cheering on Team ALF as they race across the city of Chicago towards a future free of liver disease! Volunteers will receive Bank of America swag and cheer gear and are welcome to join the post-race party!

Click here to email Brandon to register as a volunteer for this fun event!

WE’RE MOVING!

Beginning November 1st, the Great Lakes Division will be moving to a shared workspace community called WeWork just a few blocks away. Be sure to come visit us and send all mail to:

WeWork Kinzie
Attention: American Liver Foundation
20 W. Kinzie Street
Chicago, IL 60654

HepCCATT

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

FREE HEPATITIS C SCREENINGS

Click here for testing sites near you.

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 these webinars, click here.

The 2017 webinar series is in the works, topics will include: mindfulness, fitness, mental health, disease management, alcohol, and more. Stay tuned for more updates!
UPCOMING EVENTS

- **Chicago Marathon**
  October 4
- **Liver Symposium**
  October 27
- **Webinar Series**
  January 2017

OUR FAVORITE READS THIS MONTH:

- The Truth About Toxins
- Don’t Let Loud Music Harm Your Hearing
- Eats to Help You Sleep
- Health Benefits of Having a Daily Routine
- Warm Up with this Hearty Vegetarian Chili

Thank you for your donation in fighting liver disease. We appreciate your generous support.

To make a donation, click [here](#).