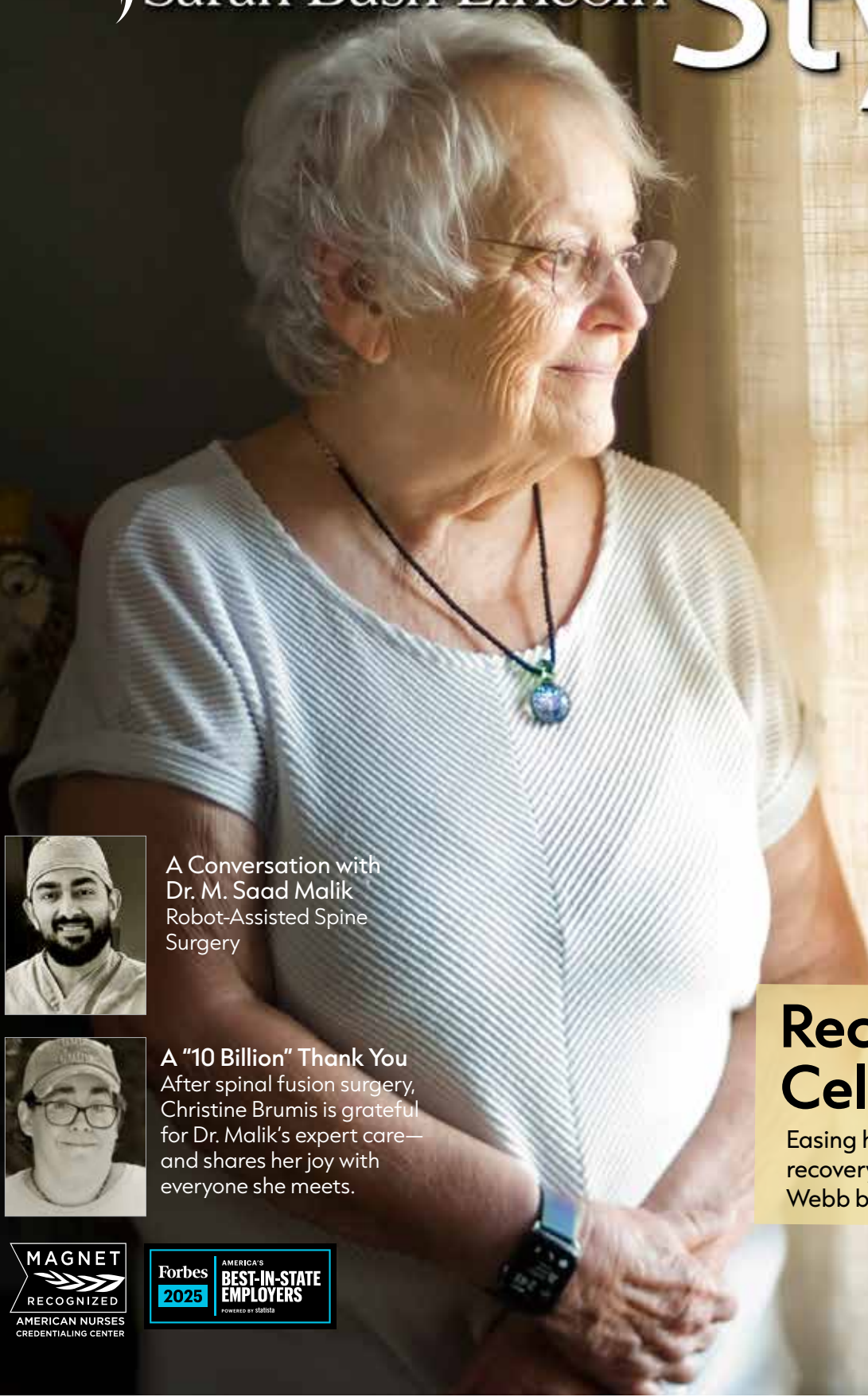


Health

 Sarah Bush Lincoln

Styles



A Conversation with
Dr. M. Saad Malik
Robot-Assisted Spine
Surgery



A “10 Billion” Thank You
After spinal fusion surgery,
Christine Brumis is grateful
for Dr. Malik’s expert care—
and shares her joy with
everyone she meets.

Recovery Worth Celebrating

Easing her worries and guiding her recovery, SBL Home Care gave Janice Webb back her freedom.



November 2025
Southern Edition

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National Lung Cancer Screening Day
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Health Styles provides general information on health-related topics. It is not intended to be a substitute for professional medical advice, which should always be obtained from your physician.

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**Drive through the light displays
on the Health Center campus.**

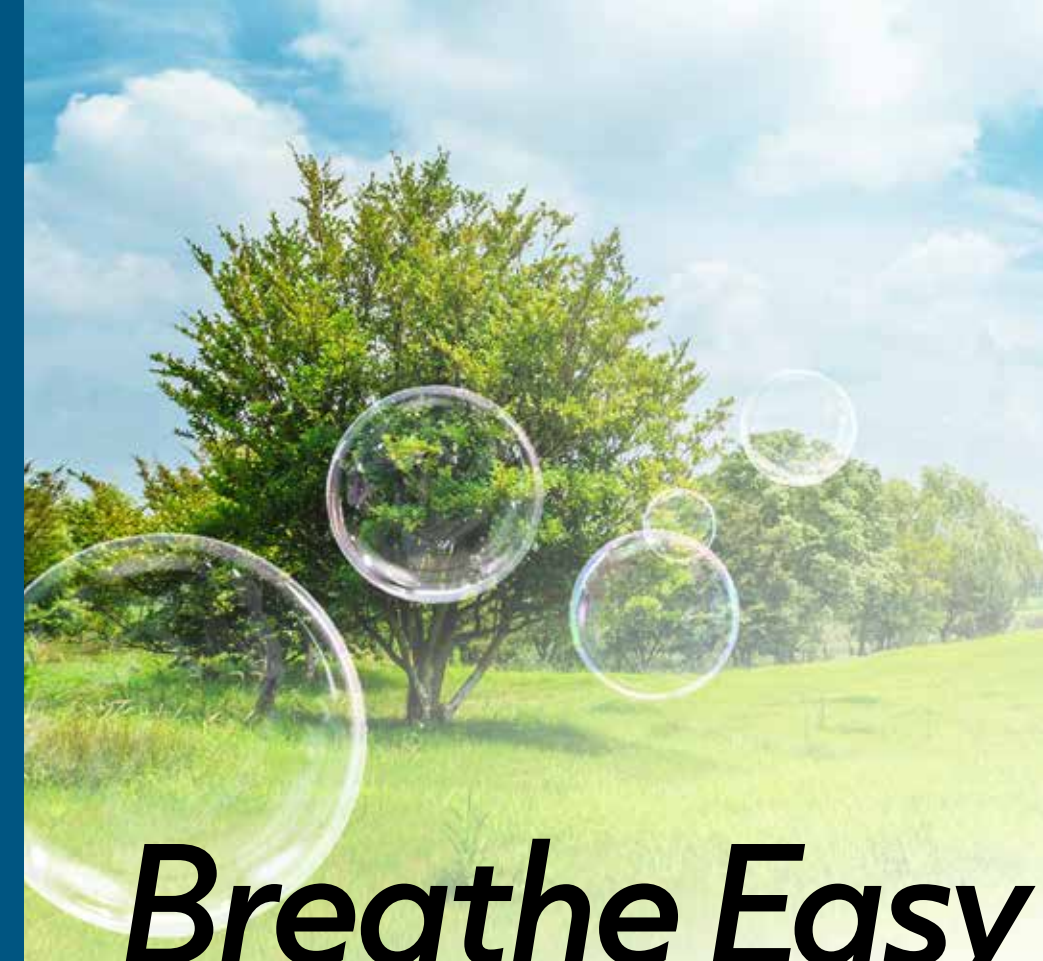
- Enjoy photo opportunities
- Shop our great selection of gifts and holiday décor at the SBL Gift Shop

At the Heart Center, Entrance H

- Receive free hot chocolate, cookies and packets of magic reindeer food
- Get photos with Santa and Mrs. Claus
- Greet our pet therapy dogs

2025 Theme - The Polar Express

The lights at the Health Center will be on through the New Year.



Breathe Easy

National Lung Cancer Screening Day

8 am to Noon
Saturday, November 8

SBL Bonutti Clinic - Diagnostic Imaging
1303 West Evergreen Ave., Entrance B • Effingham

Please call for an appointment.

217-238-4490

You can also ask your primary care provider for a lung cancer screening anytime.

WHO SHOULD BE SCREENED

People age 50 to 80 who:

- are current smokers or former smokers who have quit within the past 15 years or
- have a "20 pack" history (smoking one pack per day for 20 years or two packs per day for 10 years).

HOW IS THE SCREEN DONE

The screen is a quick and painless CT scan that uses a low dose of radiation to make detailed images of the lungs.

WHY GET A LUNG SCREEN

Lung cancer is the leading cause of cancer death. Lung cancer often has no symptoms in the early stages, and early detection significantly improves the chances of successful treatment and cure.

The scan might also show other conditions or diseases, such as early-stage heart disease or chronic obstructive pulmonary disease that need to be treated.



Inside a giant set of lungs, SBL Pulmonologists Maamoun Zane, MD, Preeti Patel, MD, and Ali Warda, MD.

Setting a New Pace

After a long struggle, Barb Quick now walks miles with ease after receiving life changing care at SBL Cardiovascular Services.



In May, the Sarah Bush Lincoln cardiology staff gave Effingham resident Barb Quick her stride back after suffering with vascular pain in her legs for nearly 40 years and undergoing nearly a dozen procedures to relieve it.

"The pain came out of nowhere [again] a few years ago, and it got increasingly worse last year," Barb explained. In November of 2024, Barb saw SBL Advanced Practice Provider Cory Hess, APRN, who recommended that she see SBL Cardiologist Dean Katsamakakis, DO, for intervention.

"I really wanted to find a solution, but I was a bit doubtful because almost 40 years of various treatments had not completely resolved my issues," Barb said. "After the new year, the pain had worsened even more, so I knew I needed help."

Dr. Katsamakakis performed a venogram and diagnosed Barb in May with peripheral vascular disease (PVD) and deep vein thrombosis. Peripheral vascular disease is a progressive circulation disorder caused by narrowing, spasming or blocked blood vessels. Deep vein thrombosis is a condition in which a blood clot forms in a deep vein, typically in the lower legs.

Dr. Katsamakidis placed four stents in Barb's legs and removed a clot she had not known about. "He told me I was lucky because my veins were very flat," Barb said. "If I had waited, who knows if that clot could have progressed to something worse."

While her recent issues are not necessarily related to past ones, Barb's vascular problems have been a consistent source of pain and worry, and they have required many medical interventions.

"I have been through so much with my legs that I am extremely happy that Sarah Bush Lincoln was able to finally give me some reprieve," Barb said. "I truly believe Dr. Katsamakidis saved my life, and I am grateful to Cory Hess for helping me too."

About PVD

Peripheral Vascular Disease (PVD) occurs in the arteries and veins that carries blood to the arms and legs. In PVD, the arteries and veins slowly become narrowed or blocked when plaque gradually forms inside the walls. While PVD can build up over a lifetime, the symptoms may not become obvious until later in life as the arteries and veins become more narrow.

Symptoms include:

- leg discomfort
- pain or cramping that develops with activity and is relieved with rest
- numbness and weakness
- heaviness or fatigue in the leg muscles when walking
- burning or aching pain in the feet and toes when resting
- cool skin in the feet
- redness or other color changes of the skin
- increased occurrence of infection
- toe and foot sores that do not heal



With no pain, Barb is not only walking fine, but her husband is now the one trying to keep up with her. "We went to Mackinac Island [Michigan] over the summer, and I was able to walk eight miles around the island without any trouble," Barb said. "My husband could not believe it."



Expert Caring

“Barb was very hesitant to seek more treatment, as her past experiences had just left her with false hope. After a couple of visits and gentle suggestions, she finally agreed to start with a painless and harmless ultrasound to get a better idea as to the severity of the problem. After her testing came back with severe PVD, I was confident that Dr. Katsamakidis could provide her some relief, as I have seen other patients he has treated, and he does amazing work.

Shortly after her procedure, I saw Barb in the community and she emphatically proclaimed that she had dramatic improvement in her symptoms! It is so nice to be able to help people access expert care right here near home and see the impact it has on their well-being. She is a great lady and I enjoy caring for her and her husband.”



Cory Hess, APRN

SBL Cardiovascular Services



A "10 Billion" Thank You

After spinal fusion surgery, Christine Brumis is grateful for Dr. Malik's expert care—and shares her joy with everyone she meets.

Christine Brumis is so pleased with the care she received from Sarah Bush Lincoln Orthopedic Surgeon M. Saad Malik, MD, that she recommends him every chance she gets to people who need care for back issues.

"Every time I see someone who looks like they are in pain or who says they have pain, I tell them they need to go see Dr. Malik," Christine said.

"She really does," added Arletta Brumis, Christine's mother. "It doesn't matter where we are. She tells them about Dr. Malik."

Christine said that on a scale of one to 10, she likes and appreciates Dr. Malik at level "10 billion." The Louisville, Illinois resident said, "He was simply amazing, and he treated me so well."

Christine fell and injured her back early last year while at an appointment. "She got checked out immediately and everything looked fine, but she started getting worse after that," Arletta said.

X-rays showed that Christine had a spinal fracture. Though it was unclear whether the fall or a past injury had caused the fracture, the fall aggravated it. "Essentially, half of her body didn't work, almost like she was paralyzed," Arletta said.



Arletta, Christine's mom,
Christine and Scout

Christine was referred to Dr. Malik, who specializes in spinal procedures. Her injury caused compression of her spinal cord, which led to decreased function in her legs. "It was to the point where she couldn't even bend down to get things out of the dishwasher," Arletta said.

In October 2024, Dr. Malik performed a spinal fusion on Christine's back. During the procedure, surgeons insert screws and rods into the spine to ensure segments of the spine that are causing trouble stay in place so the spine is not compressed and painful.



"Dr. Malik was wonderful. I enjoyed how much he explained everything in great depth," Christine said. "Even when I showed a tad bit of confusion, he made sure to help me understand it."

Prior to the surgery a year ago, Christine needed considerable help to get around. One year post-operation, she has recovered tremendously and only needs occasional help when walking. "Dr. Malik said I have recovered quicker than most people usually do after this surgery," Christine said. "Pretty soon I'll be running circles around my mom."

Christine and Arletta are grateful for Dr. Malik's care, and they are also grateful for how he and the other orthopedic staff treated her service dog Scout. "Scout was the real celebrity at all my appointments," Christine said.

Relief For Back Pain

“ If moving your back causes pain, spinal fusion surgery may help. The procedure joins two or more bones in the spine into a single, solid piece, which can reduce pain and give the spine more stability.

I usually recommend the surgery when patients have ongoing back problems that haven't improved with months of treatments like physical therapy, medications or injections. It can help with issues like worn-down or slipped discs, narrowing of the spine, curved spines, broken bones, infections or tumors.

Spinal fusion stops movement between the affected bones, which protects the nerves and muscles. While it may slightly reduce flexibility, most patients notice very little difference in overall movement. I always talk with my patients about what to expect before surgery.

If you're dealing with persistent back pain or other spine issues, I encourage you to reach out to our clinic. We can talk about your options and see if spinal fusion might be right for you.”



M. Saad Malik, MD

SBL Orthopedic Surgeon





A conversation with **Dr. M. Saad Malik**

Robot-Assisted Spine Surgery

Sarah Bush Lincoln Orthopedic Surgeon M. Saad Malik, MD, is advancing his spine surgery capabilities with the Globus Excelsius GPS robotic surgical system.

Q *What is the Globus Excelsius GPS?*

A It is a top-of-the-market surgical robotic system that offers minimally-invasive capabilities for spinal surgeries. The Excelsius GPS features a robotic arm and a navigation system that help me be as accurate as I possibly can be during the surgery. Overall, the robot makes surgeries even safer and more efficient, allowing people to leave the hospital sooner and with less pain. Sarah Bush Lincoln is one of the few hospitals in Central Illinois to utilize the Excelsius GPS, and it is the best system of its kind, in my opinion.

Q *What type of procedures can you use the robot for?*

A It can be used for any procedure that needs only a small incision. This includes surgeries for minor fractures, spinal arthritis, slipped vertebrae and pinched nerves. For more invasive procedures, such as a multi-level spinal fusion for scoliosis, we would not use the Excelsius GPS.

Q *How exactly does the robot assist you during a procedure?*

A The system merges data from CT scans and other operating room imaging to give the surgeon

all the information needed to map out starting points and other key parts of a procedure. For example, it helps me better triangulate points where a screw or a cage may need to be inserted.

Q *Some people may get nervous when they hear the term "surgical robot." What can you say to assure people that surgical robots are safe?*

A I understand people's hesitation when they hear that, but I put people at ease by letting them know that I am in control the entire time. I program it to do what we need it to, and I am still putting the screws in myself. The robot has sensors to alert me if, say the person's body moves slightly, so I know to be careful. Even then, I still make sure the robot's arm is aligned correctly.

Q *You also offer endoscopies to the community. What does that procedure entail?*

A It is a minimally invasive procedure that can help alleviate back and leg pain. When someone does not require a bigger procedure, such as a spinal fusion, we can use an endoscope to remove the nerve that is signaling the pain. I also decompress the spine in that area to get rid of the bone spurs that pinch the nerve.



Recovery Worth Celebrating

Easing her worries and guiding her recovery, SBL Home Care gave Janice Webb back her freedom.

Gardening, girls' nights and sorority meetings are common activities for 77-year-old Janice Webb on a weekly basis, but five fractured ribs and a punctured lung kept her sidelined and sedentary for a month. Unable to leave home and in need of medical care, she relied on Sarah Bush Lincoln Home Care to help her recover.

Janice and her husband Earl were camping in August, and she fell backward off the stairs of their fifth-wheel camper, cracking five ribs on her right side and puncturing her lung. Considering she had cracked a separate rib in February on the same side, Janice was frustrated with the diagnoses.

"I was ready to get this year over with," she said.

The only solace in the situation was the fact that Janice is left-handed, making it easier to do small things for herself. Even so, nothing could not make up for the pain or the inactivity she endured.



"I'm used to being on the go 24/7, so the fact I had to stay home and not do much drove me insane. I'm also very independent and don't like depending on others, so it was tough for me."

A sneeze or cough would send shocks of pain through her torso, and she relied on others to get things done. Through other health issues in years past, Janice knew exactly who she wanted to help her recover: SBL Home Care.

A team of physical therapists and nurses visited the Webbs' home and got Janice on track for rehabilitation.

SBL Physical Therapists Brooke Westendorf and Mandy Hoene worked to strengthen Janice's muscles and gave her exercises to do on her own time. Nurse Whitley Mammoser, RN, also cared for Janice and made her comfortable during the process.

"Everyone from Sarah Bush Lincoln who helped me was terrific," Janice said. "They did an outstanding job. They explained everything well to me, and they were very friendly and caring."

With her home care wrapped up, Janice celebrated her recovery by getting back to her normal activities. "My friends and I got together like we normally do," Janice said. "I have also been doing normal things around the house again. I'm grateful to the Sarah Bush Lincoln Home Care staff for helping me recover from my injuries."

Holistic Home Care

“In home care we don't treat just the patient's medical issues; we treat the whole person. Janice struggled with anxiety about being stuck at home and in pain. She was starting to experience panic attacks, so I talked with her about ways to let go of things we can't control. Janice was very active, going to a local fitness center many times a week to exercise, so when she was unable to care for herself, she really leaned on us to talk her through many of her fears and worries. Sometimes in home care, our patients need us to be their sounding board more than anything else.”



Whitley Mammoser, RN
SBL Home Care

Welcoming our newest providers to the SBL team.



New Faces

Same Compassionate Care



Charles Kind, DPM Podiatry



SBL Orthopedics, Sports Medicine and Podiatry
217-238-3435

SBL Bonutti Clinic Podiatry
217-342-3400

Having grown up on a farm in rural Wisconsin, Podiatrist Charles Kind, DPM, wanted to stay in the midwest to grow his family and his career. He found the place to do that in Sarah Bush Lincoln Health Center.

Dr. Kind and his wife, Podiatrist Lauren Kind, DPM, recently began providing podiatry care at SBL, thereby opening a new service line. Dr. Kind treats everything from ingrown toenails and bunions to more serious issues such as ankle fractures, ruptured Achilles tendons and total ankle replacements. He also treats non-orthopedic podiatry issues, such as complications of diabetes, wounds, arterial disease and gangrene.

"My mother is a physical therapist, and my father is a podiatrist. In middle [school] and high school, I would help out at the clinic over the summers," Dr. Kind explained. "I got to see how much treating someone could impact their lives and the community as a whole. You could say I followed in my dad's footsteps."

Dr. Kind's rural upbringing and father's career also influenced Dr. Kind's vision for his own family and career. "My wife and I wanted to settle in a rural area in the midwest, but we also wanted to go to a community that needed podiatry care," Dr. Kind said. "To help people in a community get back on their feet and back to their normal lives is very rewarding."

Dr. Kind graduated from the University of Wisconsin in 2018. He then attended the Rosalind Franklin University of Medicine and Science in North Chicago where he met his wife and later graduated in 2022. Dr. Kind completed a three-year podiatry residency at Franciscan Health in Dyer, Indiana.

He is looking forward to getting involved in the community. "Lauren, our infant son and I have been familiarizing ourselves with the area and are happy to be here," he said.

Drs. Charles and Lauren Kind practice in the SBL Orthopedic, Sports Medicine and Podiatry Clinic located on the second floor of Prairie Pavilion 2 on the Health Center's main campus. They also practice in the SBL Bonutti Clinic located at 1303 West Evergreen Avenue in Effingham.



Mohamed Labedi, MD

Electrophysiology



The Heart Center
217-238-4960

Electrophysiology is a branch of cardiology that focuses on the electrical properties of the heart, specifically heart rhythms and rhythm disorders, including irregular rhythms (arrhythmias). Hospitals in metropolitan areas typically offer electrophysiology services but Electrophysiologist Mohamed Labedi, MD, is happy to change that by offering them at Sarah Bush Lincoln.

"In my experience, I have seen people from rural communities who have trouble traveling long distances, and when they do, they receive care from people they do not know," he said. "That can build a barrier for someone against seeking care at the right time."

Dr. Labedi is helping establish electrophysiology services at The Heart Center at SBL, and by doing so, Sarah Bush Lincoln will offer a local, trusted option for the community. "In the past, I cared for a lot of people at a late stage who had not received much, if any, electrophysiology care," he said. "The earlier we can treat people, the better their quality of life can be."

At SBL, Dr. Labedi offers a full spectrum of services, including ablations—a procedure used to treat arrhythmias.

Dr. Labedi completed a three-year residency at the University of Buffalo in 2011 after graduating from Benghazi University School of Medicine, Libya, in 2003.

It was during his residency that Dr. Labedi discovered electrophysiology. "A very good electrophysiologist joined the university during that time; I liked what he did and it interested me in that specialty," Dr. Labedi explained. "I had some very good mentors, and I knew I wanted to pursue electrophysiology."

Between 2011 and 2017, he completed the following fellowships at the University of Utah School of Medicine: heart failure and heart transplant; advanced cardiac imaging; cardiovascular medicine; and cardiac electrophysiology. Before joining SBL, Dr. Labedi practiced at the Southern Illinois University School of Medicine, Springfield, where he also taught as an assistant professor.

"The community needs this care, and we are here to help with all aspects of it," he said. "We want to grow this service to meet needs and offer the best care possible."



Abraham Kocheril, MD

Electrophysiology



SBL Tuscola Clinic
217-238-4960

After seeing patients at Sarah Bush Lincoln once a month for the past three years, Electrophysiologist Abraham Kocheril, MD, is now practicing full-time at SBL.

"I am excited to help grow the new electrophysiology service here at Sarah Bush Lincoln and help provide this line of vital care to the community," he said. "I have already met and cared for many people in the community, so I am pleased to be available to them more often now."

Dr. Kocheril provides the full spectrum of electrophysiology care, including pacemaker/defibrillator implantations and maintenance, the laser extraction of pacemaker/defibrillator leads (which can cause complications over time in certain situations), catheter ablation of a variety of arrhythmias, left atrial appendage closure and other services.

When he first pursued medicine, Dr. Kocheril did not expect electrophysiology to be his specialty. "When I started medical school,

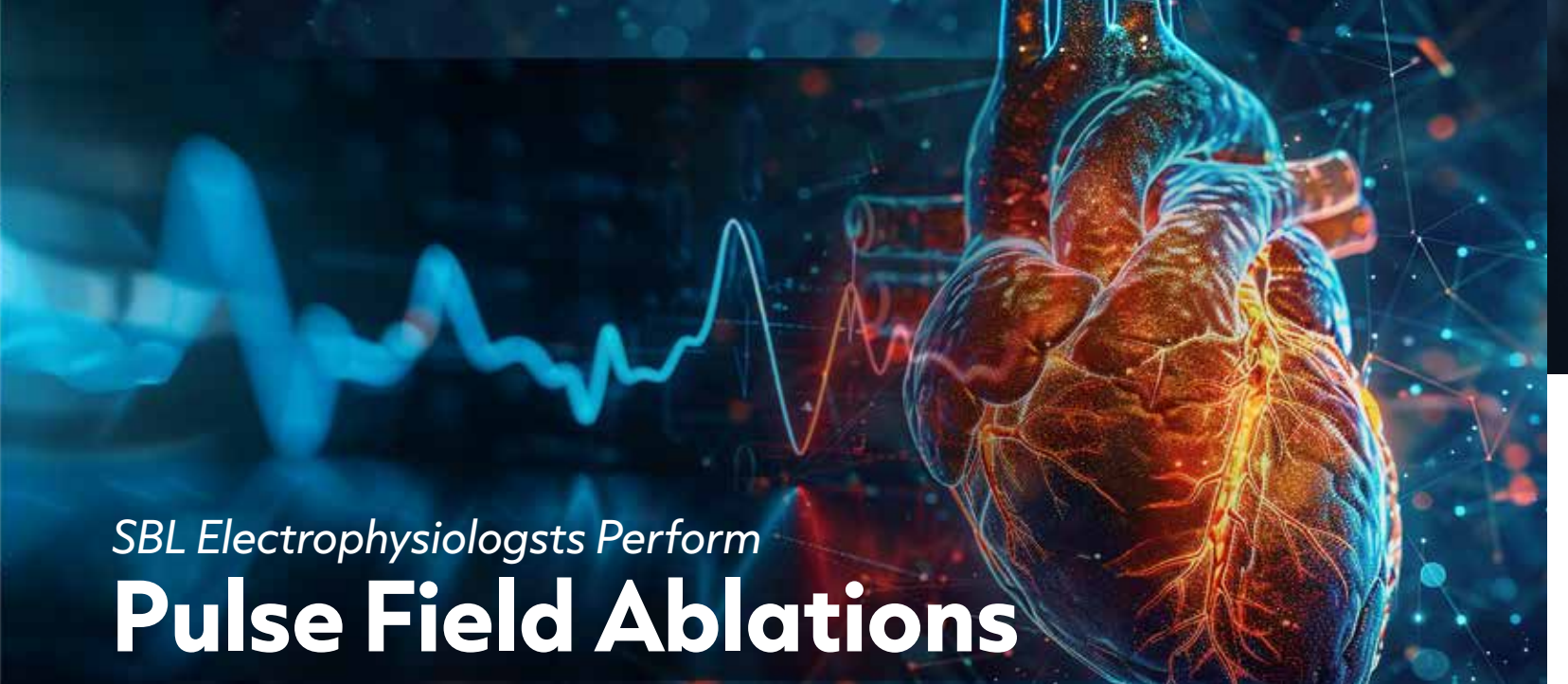
I thought about being a general practitioner to care for people of all ages," he said. "I realized that I needed to do something that was hands-on. At Yale, I did an electrophysiology rotation as part of my cardiology fellowship and loved it."

Dr. Kocheril brings a wealth of experience with him to his full-time practice at SBL. He has practiced at Illinois-based health systems in Bloomington-Normal, Urbana-Champaign and Chicago. He has held teaching positions at the Medical College of Georgia, the University of Illinois Urbana-Champaign, University of Illinois at Chicago and Northwestern.

After earning his medical degree from the New York School of Medicine in 1986, Dr. Kocheril was an intern, resident and chief medical resident at Brown University in Providence, RI. Thereafter, he completed cardiology and electrophysiology fellowships at Yale University.

Dr. Kocheril is using his 32 years of experience to be a local option for community members who need electrophysiology care.

"It's incredibly important that Sarah Bush Lincoln is offering this service because, in the past, people in the area had to travel hours for care," he said. "Instead of telling people they will have to go elsewhere, we can tell them that we can do a procedure right here."



SBL Electrophysiologists Perform **Pulse Field Ablations**

Sarah Bush Lincoln Electrophysiologists Mohamed Labedi, MD, and Abraham Kocheril, MD, recently performed the first pulse field ablations as part of SBL's new electrophysiology service line.

"It is very exciting for the staff to perform the first pulse field ablations at Sarah Bush Lincoln," SBL Cath Lab Supervisor Connie Hoel, MSN, RN, said. "This is a cutting-edge treatment that only a select number of hospitals are currently able to provide, and it allows us to improve care for community members with safer and more effective options."

"The goal is to eliminate or reduce abnormal heart rhythms which can improve symptoms like palpitations, fatigue, shortness of breath, and lower the risk of complications, like strokes from atrial fibrillation," Hoel said.

Hoel said SBL's ability to offer pulse field ablations is a huge benefit for the community. "Patients no longer need to travel long distances to larger centers to receive advanced ablation therapy," she said. "They can now access that state-of-the-art care close to home, with the comfort of being treated by the same physicians and nurses they already know and trust."



PULSE FIELD ABLATION

is a treatment for irregular heart rhythms, such as atrial fibrillation. During the procedure, a physician guides a thin tube (catheter) through a vein into the heart, where the machine delivers rapid, targeted electrical pulses to the small areas of heart tissue responsible for causing abnormal rhythm.

Atrial fibrillation usually starts in the pulmonary veins, where stray electrical signals fire into the upper chambers of the heart (the atria). The ablation creates a ring of treated tissue around the pulmonary veins, stopping those signals from spreading and thereby triggering atrial fibrillation.



Mohamed Labedi, MD



Abraham Kocheril, MD



Walk-In Clinics

- ▶ Urgent healthcare near you
- ▶ Convenient, appointment-free
- ▶ Fast treatment for minor illnesses and injuries
- ▶ Accepting most insurance plans

7 am – 7 pm
Monday to Friday

8 am – 3 pm
Saturday and Sunday

www.sarahbush.org



EFFINGHAM

SBL Bonutti Clinic
1303 West Evergreen Ave., Entrance B
217-540-6123



CHARLESTON

SBL Charleston Clinic East
2040 Lincoln Ave.
217-345-2030



MATTOON

SBL Mattoon Walk-In Clinic
Emerald Acres Sports Connection
1201 Wooddell Ln., Suite B
217-238-3000



TUSCOLA

SBL Tuscola Clinic
1100 Tuscola Blvd.
217-253-4764



VANDALIA

SBL Fayette County Hospital
Medical Center
660 West Taylor St., Suite 101
618-283-0266
Open 9 am to 4 pm Saturday & Sunday



Courses, Classes, Support Groups

WELLNESS

Center for Healthy Living

Participants receive a custom-designed exercise and lifestyle program to manage chronic illnesses. Provider referral is required.

● **217-238-3488**

First Aid for Emergencies;

Adult and Pediatric CPR

Scheduled periodically, \$50 fee for each class.

● **217-258-2403**

Hearing Aid Services

Offered at SBL Health Center in Mattoon, SBL Effingham Clinic and SBL Fayette County Hospital.

● **217-258-2568**

Living with Diabetes

This program is for people with diabetes and who manage it through nutrition and exercise.

● **217-238-4808**

Pulmonary Rehabilitation

This program is for people with COPD, Pulmonary Fibrosis and other respiratory conditions.

11 am, 12:30 pm, 2 pm | Every Tues. and Thurs.

The SBL Heart Center, METS program

● **217-258-7402**

FINANCIAL ASSISTANCE

Affordable Care Act

Certified Application Counselors are available to help with Marketplace enrollment in the following counties: Coles, Clark, Cumberland, Douglas, Edgar, Effingham, Jasper, Moultrie and Shelby.

● **217-238-4994**

Financial Assistance

SBL offers financial assistance to help uninsured and patients with bills for medically necessary services. Call for more information. Applications may be downloaded at www.sarahbush.org.

● **800-381-0040**

PREPARED CHILDBIRTH

Oh, Baby! Prenatal Education

A variety of comprehensive prenatal and infant care educational classes help new parents and their babies get off to a great start. Preregistration is required. Check our website for the most current class schedule. Some classes have a fee. Financial assistance is available.

● **217-258-2229** | www.sarahbush.org/ohbaby

SUPPORT GROUPS

Diabetic Support Group

7 pm | Second Tues. of the month in March, June, Sept., Dec. | SBL Health Center

● **217-258-2135**

Ostomy Support Group

Evening meetings occur four times a year in Mattoon and Effingham. Call for dates, times and locations.

● **217-238-4804**

Grief Support Groups

Open to anyone who has lost a loved one.

– 6:30 to 8 pm | First Wed. of each month
Lumpkin Education Center, Harvey Room
AND

– 1 to 2:30 pm | Third Wed. of each month
SBL Lincoln Avenue Building
700 W. Lincoln Ave., Charleston

● **800-454-4055** • SBL Hospice



1000 Health Center Drive
PO Box 372
Mattoon, IL 61938-0372

www.sarahbush.org

Four stylized paper Christmas trees in blue, yellow, green, and red are arranged on a wooden surface. The background is a warm, golden-brown gradient with soft bokeh light effects.

Holiday Festival

Supporting the expansion of SBL Regional Cancer Center

Nov. 13—17

Online Auction | www.sarahbush.org/holidayfestival

Opens – 8 am, Nov. 13 | *Closes* – 5 pm, Nov. 17

Features more than 80 items designed by
SBL employees, area residents and businesses.

Nov. 13

Friends' Night Out

5 to 7 pm | Lumpkin Education Center | Tickets \$10

Enjoy a signature drink and shop the SBL Gift Shop's
Pop-Up Holiday Boutique to enjoy an exclusive
preview of live auction items.

Nov. 14

Open to the Public

Noon to 7 pm | Lumpkin Education Center

View stunning online and live auction items, and
shop the SBL Gift Shop's Pop-Up Holiday Boutique.

3 to 7 pm | **Cookies with Claus**

Nov. 15

Gala and Live Auction

5:30 pm – Cocktail Hour | 7 pm – Gala and Live Auction

Lumpkin Education Center

Auctineer Shelby Stokes will host a live auction featuring
30 elite items and WCIA Meteorologist Jacob Dickey will add
to the fun and excitement. Ticket required.



In partnership with **SC3F Wealth Management Group**

www.sarahbush.org/holidayfestival | 217-258-2511