Shannon Skog

February 28, 1974 ~ June 6, 2025

Shannon Marie Skog, 51, of Salt Lake City, Utah, passed away peacefully on June 6th, 2025, surrounded by her loving family after a courageous battle with brain cancer. Shannon was a loving and devoted mother, cherished daughter and sister, and a loyal friend. Her strength, passion, and sense of humor with infectious laughter remained steady even through her hardest days.

Shannon was born on February 28th, 1974, in Seattle, Washington. She grew up on Queen Anne Hill and went to Franklin High School. Shannon graduated with a Bachelor of Science degree in Sociology from the University of Utah in 1997. She started her career as a Social Worker in Salt Lake City helping families in crisis. She was a lifelong learner with a compassionate heart and a deep commitment to understanding and advocating for others. Shortly after graduation, she became a member of the NAACP Salt Lake Branch.

Shannon was incredibly driven and took up running as a form of exercise. Running became a serious commitment, which led her to complete several marathons throughout her life; including the Marine Corps Marathon in Washington DC, Chicago Marathon, & Victoria BC Marathon. Her physical endurance mirrored her emotional resilience – an unwavering ability to face hardship with grit and determination. Shannon was a devoted and true friend. She was loyal, outspoken, empathetic, and always ready for an adventure. Shannon was a friend to all and made people feel valued and loved.

Shannon was married in the Seattle, Washington LDS Temple to Jason Raymond Fry in 1994, and together they had three children, whom she cherished. Though they later divorced, they remained connected through their shared love for their family.

Shannon is survived by her children: Lucy Marie, Lola Jean, and Cooper Jason Fry; her parents, Thomas Patrick and Dora Lea Skog; her siblings, Tresha Carter, Erin Sylvester, and Michael Skog; and many extended family members and close friends who will carry her memory in their hearts. She is also lovingly remembered by her longtime partner, Kevin Henrie, who tenderly cared for her in the final years of her life.

A memorial service to celebrate Shannon’s life will be held on Tuesday, July 15, 2025, from 10:00am – 12:00pm at Red Butte Gardens – Richard K. Hemingway Orangerie. All who knew and loved her are welcome to attend and share memories.

Her legacy of strength, unconditional love, and lightheartedness will live on through all those she touched.