

**APRIL 2021 ironwood Supportive Care Services CALENDAR**

**Online classes are open to everyone as a community service by Ironwood Cancer & Research Centers.**

**Participation is at your own risk. ICRC assumes no liability for services provided.**

**Pantries are available for patients in need by appointment with Supportive Care Services.**

**For boutique needs please contact Supportive Care Services at 480-314-6660.**

**Due to COVID-19 boutiques are not open daily.**

**You must call Supportive Care Services at 480-314-6660 or e-mail wellness@ironwoodcrc.com to get access to online classes listed below.**

**May 2020 ironwood Integrative Services CALENDAR**



**Ongoing Online Classes & Groups**

*At this time all of our classes are being facilitated online until further notice. Call 480-314-6660 or e-mail wellness@ironwoodcrc.com for online class access information.*

**Kindra Presents: Functional Foods- Phytochemicals and Cancer fighters in your foods, 11am-12pm, April 1**

**Tai Chi**

Thursdays, 10-10:45am, April 1, 8, 22 & 29 *No class on April 15*.

**Heartfulness Meditation**

Thursdays, 5:30pm-6pm, April 1, 8, 15, 22 & 29

**Build Your Own Herb Garden with Nicole Fun Friday, 1-2pm, April 2**

**Karen Bustillo Presents: Physical Therapy for the Oncology Patient, 12-1pm, April 6**

**Colorectal** **Cancer Support Group**

1st Tuesday, 3-4:30pm, April 6

**Chandler Breast Cancer Support Group**

1st Wednesday, 6-8pm, April 7

**Watercolor Painting**

1st and 3rd Wednesday, 10-11am, April 7 & 21

**Make Your Own Hydrating Body Scrub Fun Friday *(ask about ingredient list before event)*, 1-2pm, April 16**

**Scottsdale Breast Cancer Support Group**

2nd Saturday, 10am-12pm, April 10

**Sun City General Cancer Support Group**

2nd Monday, 10am-12pm, April 12

**Prostate Support Group**

2nd Monday, 7-9pm, April 12

**Nicole Presents: Advanced Directives, 11am-12pm, April 13th**

**Chair Yoga**

2nd & 4th Wednesday, 10-11am, April 14 & 28

**Glendale General Cancer Support Group**

2nd Wednesday, 4-6pm, April 14

**Kara Presents** **Weight Management and Intuitive Eating, 11am-12pm, April 15**

**Caregiver Support Group**

3rd Saturday, 10am-12pm, April 17

**Social Workers Present: Depression During Cancer & Survivorship, 11am-12pm, April 20**

**Mesa (Arbor) General Cancer Support Group**

3rd Wednesday, 5-6:30pm, April 21

**Fun Fridays: Journaling with Jessica Fun Friday, 1-2pm, April 30**

**Survivors Support Group**

4th Monday, 6-7:30pm, April 26

**Dr. Joseph Di Como: Breast Cancer in Men, 11am-12pm, April 27**

**Metastatic Support Group**

4th Wednesday, 3-430pm; April 28

**Boutique Hours**

*For boutique needs please contact supportive services at 480-314-6660. Due to COVID-19 boutiques are not open daily.*

**GLENDALE**

**Address**

5810 W. Beverly Ln, Glendale, AZ 85306

**CHANDLER**

**Address**

685 S. Dobson Rd, Chandler, AZ 85224

**CHANDLER BUSINESS OFFICE**

**Address**

700 W. Warner Rd, Chandler, AZ 85225

**GILBERT**

**Address**

3686 S. Rome St, Gilbert, AZ 85297

**MESA (ARBOR)**

**Address**

6111 E. Arbor Ave, Mesa, AZ 85206

**SCOTTSDALE**

**Address**

8880 E. Desert Cove, Scottsdale, AZ 85260

**SUN CITY**

Address: 14810 N. Del Webb Blvd #3, Sun City, AZ 85351

Events are subject to cancelation or change.

View the code below with your iPhone camera

or scan to view our current online calendar.

**SUN CITY**

**Address**

14810 N. Del Webb Blvd #3, Sun City, AZ 85351

**By Appointment & Fee-For-Service**

Bra Fittings To schedule a home visit, contact Barbara’s Mastectomy at 602-234-9568.

**Ongoing Classes & Groups**

**General Cancer Support Group**

2nd Monday, 10am-12pm

April 13