



# June

## Supportive Care Services Calendar

Classes are open to everyone as a community service provided by Ironwood Cancer & Research Centers. Hybrid events are provided at two locations:

**Chandler:** 685 S. Dobson Rd, Chandler, AZ 85224

**Scottsdale :** 8880 E. Desert Cove, Scottsdale, AZ 85260

Events are subject to cancelation or change.

To reserve your spot or for questions Call 480-314-6660 or

e-mail [wellness@ironwoodcrc.com](mailto:wellness@ironwoodcrc.com) for online class access information.

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

### SUPPORT GROUPS

**Chandler Breast Cancer Support Group**  
(Now Hybrid In Person/Online!)  
1st Wednesday, 6-8pm, June 7

**Scottsdale Breast Cancer Support Group**  
(Now Hybrid In Person/Online!)  
2nd Saturday, 10am-12pm, June 10

**Prostate Support Group**  
(Now Hybrid In Person/Online!)  
2nd Monday, 7-9pm, June 12

**Caregiver Support Group**  
(Now Hybrid In Person/Online!)  
3rd Saturday, 10am-12pm, June 17

**Survivors Support Group**  
4th Monday, 6-7:30pm, June 26

**Metastatic Support Group**  
4th Wednesday, 3-5pm, June 28



### LUNCH & LEARNS

**Every Tuesday at 11am!**

Watch on YouTube any time  
after premier date!

**June 6: Smoothie Fun!**  
Brenda & Rebecca - Ironwood Dietitians

**June 13: How to help my child cope with my  
cancer diagnosis?**  
Replay - Ironwood Social Work

**June 20: Froth & Bubble**  
Jeff Lewis

**June 27: Welcome to Ironwood! New Social  
Worker Ignacio Ignacio Rodriguez**

### FITNESS CLASSES

**Tai Chi**  
Thursdays, 10-10:45am  
June 1, 8, 15, 22 & 29

**Chair Yoga**  
2nd & 4th Wednesday, 10-11am  
June 14 & 28



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### WELLNESS CLASSES

**Reiki Healing Session**  
with Usui Reiki Master Teacher Kerri Wade  
3rd Friday, 1-1:30pm, June 16

**Watercolor and Acrylic Painting**  
3rd Wednesday, 10-11am, June 21

