



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@ironwooderc.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 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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SCAN ME

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

