



December

Supportive Care Services Calendar

Classes are free & open to everyone as a community service provided by
Ironwood Cancer & Research Centers. Hybrid or In Person events provided at these locations:

685 S. Dobson Rd, Chandler, AZ 85224

5810 W Beverly Ln, Glendale, AZ 85306

Events are subject to cancelation or change.

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

e-mail wellness@ironwoodcrc.com for online class access information.

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

SUPPORT GROUPS

East Valley Breast Cancer
Support Group In Person at Chandler
1st Wednesday, 6-8pm, December 6

Virtual Breast Cancer Support Group
2nd Saturday, 10am-12pm, December 9

Prostate Support Group
Online & In Person at Chandler
2nd Monday, 7-9pm, December 11

Survivors Support Group Online
4th Monday, 6-7:30pm, *No December Class*

Caregiver Support Group
Online & In Person at Chandler, *Lunch Provided*
4th Tuesday, 12-1:30pm, December 26

Metastatic Support Group Online
4th Wednesday, 11am-12:30pm, December 27

FITNESS CLASSES

Chair Yoga Online
12-1pm, December 13
10-11am, December 20
No Class on Dec 27

Glendale Yoga In Person, Bring Your Own Mat
3rd Thursday, 2-3pm, December 21

LUNCH & LEARNS

Every Tuesday at 11am!

Watch on YouTube any time
after premier date!

December 5: Survivorship: Eating Like a Survivor
with Ironwood Dietitians

December 12: Meet Cassandra! Our Supportive
Care Services Coordinator

December 19: Frequently Asked Questions
for an Oncology RN with Ironwood Nurses

December 26: You are Medicine, A Breast Cancer
Survivor's Story with Jodi Puhalla, SW

WELLNESS CLASSES

Monday Brain Vacation Online Guided Meditation
Mondays, 12-12:30pm,
December 4, 11, 18 *No class Dec 25*

Mecca Mindfulness
Online & In Person at Chandler
2nd Monday, 10-11am, December 11

Breathing Class with Kreston Woods
In Person at Chandler
2nd Tuesday, 10-11am, December 12

Sound Therapy with White Star at Chandler
2nd Thursday, 4-5:30pm, December 14

Reiki Healing Session Online
with Usui Reiki Master Teacher Kerri Wade
3rd Friday, 1-1:30pm, December 15

Watercolor and Acrylic Painting Online
3rd Wednesday, 10-11am, December 20

Mecca Mindfulness
In Person at Chandler
4th Tuesday, 4:30-5:30pm, December 26 *New Time*

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