



Ironwood Cancer
& Research Centers

Outsmarting Cancer One Patient at a Time®

February

Supportive Care Services classes and support groups are free & open to everyone as a community service provided by Ironwood Cancer & Research Centers.

Lunch & Learns

Every Tuesday at 11am!
Watch on YouTube any time
after premier date!

February 6: Physical Therapy
for the Oncology Patient

February 13: Creating a Healthy
Sleep Routine with Dr. Rula

February 20: Breast Cancer and
Bone Health with Dr. Iyengar

February 27: Thyroid Cancer
Treatment Options with Dr. Romney

Support Groups

East Valley Breast Cancer
Support Group at Chandler
1st Wednesday, 6-8pm, **February 7**

Online Breast Cancer Support Group
2nd Saturday, 10am-12pm, **February 10**

Prostate Support Group
Online & at Chandler
2nd Monday, 7-9pm, **February 12**

Head & Neck Support Group Online
3rd Thursday, 1-2:30pm, **February 15**

Wellness Classes

Happy Hour Sound Healing at Chandler
Fridays, 3-4:15pm, February 2, 9 & 16
****FULL: ASK TO JOIN WAITLIST**

Monday Brain Vacation Guided Meditation Online
Mondays, 12-12:30pm,
February 5, 12, 19 & 26

Sound Bath Therapy at Chandler
2nd Thursday, 4-5:30pm, **February 8**

Breathing Class with Kreston Woods at Chandler
2nd Tuesday, 10-11am, **February 13**

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

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

Fitness Classes

Tai Chi Online
Thursdays, 10-10:45am
February 1, 8, 15, 22 & 29

Chair Yoga Online
2nd & 4th Wednesday, 10-11am
February 14 & 28

Yoga at Glendale
Bring Your Own Mat
3rd Thursday, 2-3pm, **February 15**

Hybrid or office events provided at these locations:

685 S. Dobson Rd, Chandler, AZ 85224

5810 W Beverly Ln, Glendale, AZ 85306

To reserve your spot or for questions call **480-314-6660** or e-mail wellness@ironwoodcrc.com
for online class access information.

Be sure to follow Ironwood Cancer & Research Centers on social media and sign up for our newsletter
for updates on our wellness classes and support groups.

Events are subject to cancelation or change. Participation is at your own risk. ICRC
assumes no liability for services provided.

XOXO

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