



January

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, January 3

Prostate Support Group
Online & In Person at Chandler
2nd Monday, 7-9pm, January 8

Virtual Breast Cancer Support Group
2nd Saturday, 10am-12pm, January 13

Survivors Support Group Online
4th Monday, 6-7:30pm, January 22

Caregiver Support Group
Online & In Person at Chandler, *Lunch Provided*
4th Tuesday, 12-1:30pm, January 23

Metastatic Support Group Online
4th Wednesday, 11am-12:30pm, January 24

FITNESS CLASSES

Tai Chi Online
Thursdays, 10-10:45am
January 11, 18, 25 *No class Jan 4*

Chair Yoga Online
2nd & 4th Wednesday, 10-11am
January 10 & 24

Glendale Yoga In Person, Bring Your Own Mat
3rd Thursday, 2-3pm, January 18

LUNCH & LEARNS

Every Tuesday at 11am!

Watch on YouTube any time
after premier date!

January 2: Patient Experience with Dr. Miller

January 9: Digestive Health with Dr. Rula

January 16: Skincare for the Oncology Patient
with Ann Sherman

January 23: Wigs 101 with Nicole

January 30: Talking to Children about Cancer (Live)
with Nicole

WELLNESS CLASSES

Introduction to Mindfulness Techniques
Online & In Person at Chandler
1st Wednesday, 5-6pm, January 3

Happy Hour Sound Healing at Chandler
Fridays, 3-4:15pm, January 5, 12, 19 & 26
****FULL: ASK TO JOIN WAITLIST**

Monday Brain Vacation Online Guided Meditation
Mondays, 12-12:30pm,
January 8, 15, 22 & 29 *No class Jan 1*

Breathing Class with Kreston Woods
In Person at Chandler
2nd Tuesday, 10-11am, January 9

Sound Bath Therapy at Chandler
2nd Thursday, 4-5:30pm, January 11

Watercolor and Acrylic Painting Online
3rd Wednesday, 10-11am, January 17

Reiki Healing Session Online
with Usui Reiki Master Teacher Kerri Wade
3rd Friday, 1-1:30pm, January 19

Introduction to Mindfulness Techniques
Online & In Person at Chandler
4th Tuesday, 4:30-5:30pm, January 23

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