



Ironwood Cancer
& Research Centers
Outsmarting Cancer One Patient at a Time®

MARCH

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

Lunch & Learns

Watch on YouTube any time!

March 5: Colorectal Cancer Awareness Month:
Colorectal Cancer Screening with Amber Berleen, FNP

March 12: National Nutrition Month: Health Benefits of Pre vs. Probiotics

March 19: Digestive Health with Dr. Rula

March 26: Preventing Colorectal Cancer - Sonoran Living | Dr. Rakesh K. Bagai & Dr. Aaron Ambrad

Support Groups

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

Online Breast Cancer Support Group
2nd Saturday, 10am-12pm, March 9

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

Head & Neck Support Group Online
3rd Thursday, 1-2:30pm, March 21

Wellness Classes

Monday Brain Vacation Guided Meditation Online
Mondays, 12-12:30pm
March 4, 11, 18 & 25

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

Sound Bath Therapy at Chandler
2nd Thursday, 4-5:30pm, March 14

Reiki Healing Session Online
with Usui Reiki Master Teacher Kerri Wade
3rd Friday Normally (Special date in March)
1-1:30pm, March 22

Fitness Classes

Tai Chi Online
Thursdays, 10-10:45am
March 7, 14, 21 & 28

Chair Yoga Online
2nd & 4th Wednesday, 10-11am
March 13 & 27

Yoga at Glendale
Bring Your Own Mat
3rd Thursday, 2-3pm, March 21

Annual Survivors' Day Celebration Event

Free Pancake Breakfast | Children's Crafts Face Painting | Healthy Eating Information
Community Vendors | Free Head & Neck Screening
8-11am, Saturday, March 23
3686 S. Rome St. Gilbert, AZ 85297

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.

