

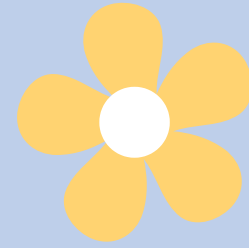


**Ironwood Cancer
& Research Centers**

Outsmarting Cancer One Patient at a Time®



April



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

Podcast

Ironwood Cancer Insights
"Podcast"
Head & Neck Cancer Awareness
with
Dr. Azam Farooqui



Support Groups

East Valley Breast Cancer
Support Group at Chandler
1st Wednesday, 6-8pm, April 3

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

Head & Neck Support Group Online
3rd Thursday, 1-2:30pm, April 18

Online Breast Cancer Support Group
Special Date for April
10am-12pm, April 27

Wellness Classes

Monday Brain Vacation Guided Meditation Online
Mondays, 12-12:30pm
April 1, 8, 15, 22 & 29

Mindful Eating for Mindful Living at Chandler
Wednesdays 3:30-4:30pm
April 3, 10, 17 & 24

Art for the Heart with Jules at Scottsdale
10am-12pm, April 6

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

Joy Night (Design Patient Bags with Joy Bus)
at Scottsdale
6-8PM, April 10

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

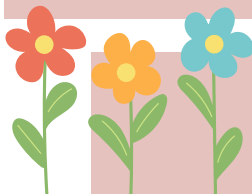
Reiki Healing Session Online
with Usui Reiki Master Teacher Kerri Wade
3rd Friday, 1-1:30pm, April 19

Art for the Heart with Jules at Chandler
10am-12pm, April 27

Fitness Classes

Tai Chi Online
Thursdays, 10-10:45am
April 4, 11, 18 & 25

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

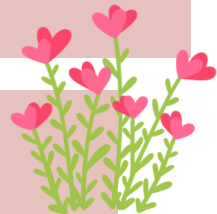


Hybrid or office events provided at these locations:

685 S. Dobson Rd, Chandler, AZ 85224

5810 W Beverly Ln, Glendale, AZ 85306

8880 E Desert Cove Ave, Scottsdale, AZ 85260



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.