



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" Coming Soon**

Wellness Classes

Mindful Eating for Mindful Living at Chandler
Wednesdays 3:30-4:30pm
May 1, 8, 15 & 22

Time to Thrive Sound Healing
Sponsored by Chemo Companions at Scottsdale
Wednesdays, 3:30-4:45pm
May 1, 8, 15, 22 & 29

Sound Bath Therapy at Chandler
2nd Thursday, 4-5:30pm, May 9

Breathing Class with Kreston Woods at Chandler
2nd Tuesday, 10-11am, May 14

Reiki Healing Session Online
with Usui Reiki Master Teacher Kerri Wade
3rd Friday, 1-1:30pm, May 17

Support Groups

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

Online Breast Cancer Support Group
2nd Saturday, 10am-12pm, May 11

Prostate Support Group
Online & at Chandler
2nd Monday, 7-9pm, May 13

Head & Neck Support Group Online
3rd Thursday, 1-2:30pm, May 16

Fitness Classes

Tai Chi Online
Thursdays, 10-10:45am
May 2, 9, 16, 23 & 30

Chair Yoga Online
2nd & 4th Wednesday, 10-11am
May 8 & 22

Breast Cancer Survivorship Series

Breast Cancer Survivorship Series
June 19 to September 4
Wednesday, 12-1pm

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.

